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# \$84,563 raised — The Big Give Individual Donor Campaign wraps up

By Henry Rosales

Many thanks to all who contributed online and sent checks for our annual donor campaign, The Big Give. It was fun to watch the individual fundraising challenge unfold in real time on the AVA's peer to peer giving page. This year we have a new winner in the Peer-to-Peer category, none other than Marian DeVaul! We also had several more individuals open a peer-to-peer account this year while others got very

creative on ways to encourage families, friends and club members to donate.

The AVA finished 21 out of 418 organizations during the online giving segment of the campaign. We had approximately 281 duplicated individuals, 85 clubs and nine corporate donors. A final report with more information and winners of the AVA Giving Back prizes will be in the December *Checkpoint*.



Big Give continued on page 3

# Thank you Donna!

By Susan Fine

Donna Seline has been a passionate supporter and participant of Volksmarching for over 50 years. She has also been our behind-the-scenes editor and publisher of *The American Wanderer*. As we transition to an e-version of the TAW, we wanted to say a huge **THANK YOU** to Donna for your dedication, your hard work for every edition of the AVA newspaper, and your constant promotion of our sport.

1972. As program director for a small recreation center at an Army base in Germany, she led hundreds of GIs on weekend Volksmarches. Imagine the number of miles she has walked, and the number of people she's met over the world who caught her enthusiasm to walk! When Donna returned to Minnesota, she continued creating and promoting Volkswalks throughout the state, especially in Minnesota State Parks.



Showing off her flower received at the Madison Convention for all Hall of Fame recipients.

I researched Donna a little, and discovered that she began Volksmarching while overseas in

Donna continued on page 24

# Important action at AVA Board Meeting

By Robert Buzolich, Chair, AVA Special Committee

As some of you may know, or may not have known, I served as the Chairperson of the AVA Club Charges Special Committee. The Committee report was presented in October to the AVA Board of Directors, who did act on the Committee's recommendations. I am providing you with a summary of the Committee report and the Board's action, because it affects your planning for the coming year.

Operating expenses have also experienced a similar increase over the same period for the same reason. Yet, we continued to pay the AVA \$1.25. Consequently, since about 2010, the AVA budget has been forecasting an operating loss during non-convention years, which impacts the support provided to the clubs by the National Office, despite The Big Give and budget cuts. This situation is not sustainable for the survival of the AVA. The actions recommended by the committee should have been taken years ago, and simply could no longer be kicked down the road.

recommend that the AVA Board increase the participant fee payable to the AVA from \$1.25 to \$2 for all participants at all AVA sanctioned events. This was adopted by the Board. Note that the wording of this recommendation refers to "all" participants, which includes the "free walker category." It will be the club's decision how best to cover the cost of "free walkers," who should now be considered guests. This action takes effect on January 1, 2024.

First some background on the charges paid by clubs to the AVA. The current \$1.25 participation fee and \$3 registration fee was implemented in 2003, which was 20 years ago. Since that time, due to inflation, the value of \$3 has increased to \$4.98, and the value of \$1.25 has increased to \$2.08.

After reviewing the AVA's sources of funding derived by charges to the clubs, the committee determined the best course of action was to recom-

The Committee further recommended that the \$3 registration fee be increased to a "recommended no more than registration fee of \$4." In addition, a \$4 registration fee will be

Board Meeting continued on page 3



## MESSAGE FROM THE BOARD CHAIR



Hello everyone,

Well, at least the weather has turned cool. Where I am in the Pacific Northwest in late October, we might have our first frost in the next few days. Not the coldest in the country, by far, but it reminds me that we are at the end of an interesting year, to say the least.

Thank you, everyone, clubs and individuals, who gave to the Big Give. I know the discussion on what will happen about charges to clubs has many of you are thinking negatively about giving to the national organization. But remember, we give to non-profits because we believe in the cause, not because there is a cost associated with the benefit we get from being a part of the organization and pursuing our mission. We are not just local walking clubs, interested in ourselves and our own best interests.

At our board meeting at the Freedom Walks October 18 and 19, the board confirmed its Strategic Plan Vision 2025 Recommendations. We did not recommend that we should just let the organization die. We strongly supported and affirmed goals we must focus on to achieve in the next two years. They include continuing the great work being done by the Membership Committee to modernize our membership model; to work to achieve a sustainable funding model;

to continue to investigate what's required for an App for our phones; and to continue to explore a new board model. We do not intend to give up on our purpose – to promote the public health, physical fitness and well being of Americans.

We also heard from our Club Charges Special Committee. There is a great synopsis of the committee's recommendations and the board's decisions on pages 1 and 3 of this *TAW*.

And this brings me to the *TAW* itself. As you are aware, this is the last edition of *The American Wanderer* that will come out in newspaper format, created and edited by our own Donna Seline. Donna has been creating and overseeing the *TAW* for more years than I have been involved. She has required well-done articles, written in a way that is consistent with good journalism. And, she has always encouraged us to participate in this official newspaper and tell others about the walks, festivals, activities and people that make our organization great. The *TAW* has been the place to look to see what is happening in other parts of the country, and to advertise what's happening near to home. **Thank you, Donna.** You are a super-AVA hero. This *American Wanderer* is dedicated to you!

Thanks to all of you. Wherever you are this winter, get out and walk, ski, showshoe, move and keep going. And encourage others to do the same. I hope to see you on the trail.

Nancy Wittenberg 



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AVA: America's Walking Club.

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**Fun, Fitness, Friendship**

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**AMERICA'S WALKING CLUB**  
— ESTABLISHED 1976 —

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# NATIONAL OFFICE NEWS

## New AVA partnership with the Texas Kidney Foundation - Coach to 5k Program

By Henry Rosales

The AVA is excited to announce our new partnership with the Texas Kidney Foundation. Conversations continue with the Foundation on the planning of a new walk program for individuals who would like to walk but just don't know how to get started. The walk program will be modeled much like the couch to 5k walk program that was started by one of our AVA clubs, the First State Webfooters, in Delaware. The goal is to pilot this program in San Antonio and expand it nationwide. Partial funding for the program has been provided by the King William Association and the San Antonio Area Foundation. The program will be implemented once we are able to secure full funding.



*Texas Kidney Foundation CEO Tiffany Jones Smith signs AVA partnership agreement.*

Special thanks to Margie MacLeish, Kathy Szcziak and Karen Kaufman for their creative walking ideas! It is nice to see them grow! 🌱

## AVA Programs Committee — Volunteers Wanted

By Diane Howell Evans, AVA Programs Committee Chair

As the new Chair of the AVA Programs Committee, I am seeking one to two volunteers from each AVA region interested in developing and implementing nationwide interactive programs. These new and existing national programs increase AVA participation and promote our organization to potential new members. Currently there are two AVA Special Programs beginning in 2024: a-MAZE-ing Labyrinths and Step to the Beat.

Committee meetings are monthly by conference call and/or video conference. Email, texting, and phone calls between meetings may be used to communicate. I would appreciate if clubs would share this call for volunteers with their club membership at upcoming club meetings. If a club member is interested in joining the Programs Committee or needs more information, have them contact me at [programs@ava.org](mailto:programs@ava.org).

Thank you. 🌱

## Board Meeting *continued from page 1*

charged to all registrants on the Online Start Box. However, clubs are free to determine their own registration fee for all events not on the Online Start Box, based upon the actual value of the event added by the club and other charges such as park fees. This was adopted by the Board and takes effect on January 1, 2024.

The bottom line for your club's 2024 planning is clubs will be charged \$2 for each participant at your AVA sanctioned events, and the fee for registration through the OSB will be \$4 with \$2 going to the AVA and \$2 going to the club. Clubs may use their discretion to determine registration fees for their events not hosted on the OSB, and to determine how best to come up with the funds to cover the \$2 participation fee for guests, formerly referred to as "free walkers." You may expect additional details and guidance in the November and December editions of the *Checkpoint*, as well as from your Regional Directors.

Am looking forward to seeing you on the trail in the coming year. 🌱

## New AVA National Events on the horizon

King William Parade, April 27, 2024, San Antonio, Texas

Thanks to the support of the King William Association, it is likely the AVA will once again be invited to participate in the annual King William Fiesta Parade. This event draws over 30,000 national and international participants. Please invite club members to participate in the parade and send us their ideas on how we can leverage this event to market the AVA to a broader national audience.

**Enter the 2024 Parade Float Contest!**

Send the AVA your ideas for a parade float, march, dance or whatever you think is lively, colorful and representative of the AVA for the AVA's parade entry. The theme for this year's King William parade is "Love Is In Bloom." The recommendation is to incorporate flowers into our float or whatever we end up doing. If your idea is selected for the parade, you will not only get to see your idea come to life in front of 30,000 spectators but you will also receive one free roundtrip airfare ticket to San Antonio to participate in the parade! Contest rules will be in the November/December *Checkpoint*. This contest will have a quick deadline so start collecting your ideas! Send ideas to [henry@ava.org](mailto:henry@ava.org). Please put parade contest on the subject line.

**2026 50th Anniversary of the AVA!**

In a little over a couple of years the AVA will be celebrating its 50th Anniversary! It is time to start planning this grandiose event! Please start entertaining discussions with your club members on what you envision for a birthday celebration so we can make it a reality! This celebration does not need to be in San Antonio. **Be creative and think big!** 🌱

## AVA informational and training monthly webinars to continue

The AVA will continue with monthly informational and training webinars this November 15, 7 p.m. Central. Training topics will include ESR sanctioning; the Online Start Box; Element3 Health; national, local and regional events; Special Programs; Google Docs; updates from the National Office and committee chairs and special guests.

All webinars will be on the third Wednesday of each month from 7-8 p.m. Central on the Zoom online platform. The meeting link will be posted on the AVA website. If you have any suggested topics for these webinars, please send them to [henry@ava.org](mailto:henry@ava.org). 🌱

## Big Give *continued from page 1*

There are several donors who are committed to the success of The Big Give every year. To each of you I express my sincere gratitude for your continued support and prosperity of the AVA. You all are the cornerstone of this great organization! Muchas Gracias!

**AVA Giving Back** – The following 2023 Big Give raffle prizes will be announced in the December *Checkpoint*. All Big Give individual and club donors have been entered into the drawings.

**Free Sanctioned Traditional Events** — For every 25 clubs that donate, one free Traditional sanctioned event will be raffled.

**2024 Starting Point Books** — For every 50 unique donors, one 2024 *Starting Point* book will be raffled.

**Grand Prize**

**2025 Convention Registration** — One club and one individual will be the lucky winners of a free 2025 Convention Registration (travel not included). 🌱



# NATIONAL OFFICE NEWS

## In gratitude to Volkssport and America's Walking Club!

By Dan Friesen, Walking Adventures International

Walking Adventures International (WAI) is grateful for our long and mutually beneficial relationship with AVA—America's Walking Club. Because of AVA, over the past 30+ years, walkers have joined WAI from clubs all over the country to see the world and receive AVA/IVV credit for walking together.

I vividly remember hearing about AVA from my father, George, who started WAI in 1989. He was ready to retire from teaching and his one-person, summertime tour company. In his "last" season as a tour guide in Germany, however, a few of his travelers just happened to be Volkswalkers. They introduced him to Volkssports in a village along the Rhine River, then proceeded to coax him into a new travel concept of blending Volkswalking and sightseeing.



George and Dan Friesen.

In 1992, I joined dad to help figure out what this stamping of books while traveling was all about. We attended a few meetings in San Antonio and got heavily involved in the AVA Convention when it was held in Portland in 1995.



Good ole days! Dan and George walking in Europe.

In the beginning, we operated only in central Europe. That quickly spread to the UK and Scandinavia, then on home turf in the USA. Those were the days of the "walking the 50 states" mania. One of dad's travel couples walked 50 states in 50 days, then 51 capitals in 51 days!

Our new walking friends seemed just as eager to walk in new countries abroad. In the mid-1990s, we introduced walking tours in Australia/New Zealand. The Asian countries of China, Korea and Japan really stretched us in 2002. Central and South America (Costa Rica, Chile, Bolivia, Peru) were amazing in 2003. Southern Africa was a big step in 2006. Antarctica in 2009 rounded out all seven continents.

In the interim, we've shared Volkssport and the magical blend of travel and walking in nearly 80 countries and all 50 states. What an incredible journey it has been!

Thank you Volkssport and thank you AVA! 🇺🇸

## AVA members survey coming in November

The AVA will be emailing all AVA Associate and individual club members and participants a survey in November. The purpose of the survey will be to collect updated demographic data on our members, and qualitative and quantitative information on the programs and services the AVA provides. This information will be used to help us with future planning and grant writing efforts. Thank you in advance for your support. 🇺🇸

## 2023 US Freedom Walk Festival

It was great to visit with everyone during the AVA's October board meeting that was held in conjunction with the 2023 US Freedom Walk Festival in Arlington, Virginia. By combining both events, the AVA leadership had the opportunity to visit with the IML leadership while supporting one of our own events. Working together with the IML and our AVA clubs is a win-win situation because it allows us to maximize our resources while cultivating our international partnerships and supporting our local clubs! This is something the AVA must continue to do to grow.

Special thanks to Dolores Grenier, Tim and Cecilia Miner, Andrea Doll, Hector Hernandez and all club members and volunteers for your support and yet another very successful US Freedom Walk Festival.



Sarah Garcia and friend.

## International Marching League

By Sarah Garcia

The International Marching League (IML) held their 22nd US Freedom Walk Festival in Virginia with 23 states and 22 International countries participating on October 20-23. Saturday's walk traversed around the beautiful monuments of the Washington Monument, Soldier's memorial, Franklin Roosevelt tribute and the Mayflower.



German soldiers and Sarah Garcia in front of Washington monument.



German medics and Volkssporter Sarah Garcia, a former Army medic.



Franklin D. Roosevelt statue.

Photos Courtesy of Sarah Garcia.



# AVA SPECIAL PROGRAMS

## Labyrinths and music new AVA Special Programs along I35

By Carol Obianwu

Colorado River Walkers Volkssport Club, Austin, Texas., is happy to announce that our nine YREs have many qualifiers for these two new AVA Special Programs, starting in January 2024.

There are labyrinths on the Austin Capitol YRE and the Lady Bird Lake YRE. Also, our Pflugerville, Cedar Park, Round Rock and Salado YREs all pass beautiful labyrinths.

The new Step to the Beat AVA Special Program honors the world's love of music in its many forms. We have found music schools, music store, and musical event venues in many places on our YRE routes, or have changed the route to go by such places.



All three YREs in Austin have a musical qualifier on the route. The famous Austin Continental Club (pictured left), started in 1955, is on the Austin Fairview YRE route. Pflugerville, Round Rock and Salado YREs all have musical stores, schools or venues on the routes.



We expect to have many Winter Texans try our interesting Volkssport walks, as they travel I35 on their way to warmer places during the winter months. Go to our website, coloradoriverwalkers.org, where our webmistress, Stephanie, has placed more information and photos on each YRE. Look under Menu and then under Year Round Events. Enjoy!

## Tess Sutton finishes her 50 states/51 capitols

Congratulations go to Tess Sutton who recently finished walking all 50 States and 51 Capitols. She had set a goal of finishing within 10 years and completed that this past spring just three months short of 10 years by walking in Denver,



Colorado. Being a true Pacific Northwesterner, her first state and capital were Olympia, Washington. Tess is a member of the Daffodil Valley Volkssport Assn., the Evergreen Wanderers and the Capitol Volkssport Club.

Many of you have followed Tess' journey on the AVA Facebook page. She has documented walks throughout the U.S. with pictures of her "pet" plastic goldfish, Theodora (pictured below). Tess and Theodora, along with friends Roy Bauska, now deceased, and Sue-Lon Webert, took the road trip of all road trips — one year that covered 25 states, 25 capitols, two countries and 9,255 miles.



Tess has great memories of many walks, in particular, the Niagara Falls YRE and walking Lake Michigan at the AVA Convention. She sends thanks to all the POCs who have helped her along the way by walking with her, getting her directions outside of PSB hours, etc.

Her next life goal to complete, although not particularly a Volkssport one, is to put feet on all seven continents. She only has Australia left where she does plan to do a Volksmarch.

That continent was all planned until COVID hit but it has been re-planned for the next year or so.

Great job, Tess! 🐟

Special Programs continued on page 6

**Only those who risk going too far, can possibly find out how far they can go.**

~ T.S. Elliot

**AVA Special Program — The Appalachian Trail**

Runs January 1, 2018 through December 31, 2028. Redeem books by December 31, 2029. The Appalachian National Scenic Trail is roughly 3,500 km long and goes through 14 states from Springer Mountain in Georgia to Mount Katahdin in Maine. Walkers must hike/walk a section of the trail in each state. A qualifying AVA walk is one that goes on the AT or a blue-blazed trail for at least 4k and will count for only one state; the sponsoring club will determine which one. Complete 14 required events. Each AVA stamp can only appear once in the book. Due to the unique nature of this program, participants have space in the program book to add a picture, notes, and other local stamps such as the park or AT Passport stamp. The patch is 4x6". For details and books, contact Susan Medlin, 15464 Culebra Rd, Lot 53, San Antonio, TX 78253, 210-325-3523 or email sueammed@aol.com.

**AVA Special Program — Border Crossings**

Runs January 1, 2014 through December 31, 2023. The participant must physically cross the border from one state to another while on a Volkssport event. Walking, swimming, biking and cross-country ski events all count. Borders between counties do not count unless they are in different states. International borders will count as long as they are part of an IVV event. Submit a photo of your border crossing making it a personal mini photo album or keep notes to make it a mini journal of your adventures in your passport. You may do the same border crossing on 15 different days by dressing up in different clothes, wear a different hat, carry a stuffed animal, toy, etc; in each photo. Walk 15 sanctioned events. Patch: 3"x4". Sponsored by the Michigan Pathfinders, Tom Crabill, 725 Lake Drive, Coldwater, MI 49036 tjcrabill@comcast.net, 260-409-1659.

**AVA Special Program – Great Lakes, Great Fun, Great Fitness, Great Friendships**

Runs January 1, 2021 to December 31, 2023. To complete this program, you must walk 12 sanctioned events which travels along a Great Lake; or on, beside or inside a street, building, city, school or any other "physical thing" with a Great Lake name associated with it. Great Lakes are Huron, Erie, Superior, Ontario and Michigan. Examples of qualifiers would be Huron Street, Ontario City, Erie Canal or anything that uses one of the five names. The logbook requires three separate Great Lake names to be included in the 12 events. Each qualifier can only be used once in the logbook, or once in a year, whichever comes first. Upon completion, participants will receive a string backpack with the program's logo and an option to purchase an event patch. Sponsored by the Washtenaw Wanderers Volkssporting Club, in partnership with the Council of the Great Lakes Region. For details and books contact Roxie Weaver, 616-745-9624 or geiserweaver@gmail.com.



# AVA SPECIAL PROGRAMS

## 50 States completed in Maine and Hawaii

By Kathy Brown and Chris Yost

Three members of the Empire State Capital Volkssporters (ESCV) recently completed their quests to walk in all 50 states! Kathy and Jim Brown traveled to Maine and Chris Yost journeyed to Hawaii to accomplish their goals.

On September 7, 35 family members, friends and Volkssporters from four different clubs joined Kathy and Jim Brown in Kennebunk, Maine, as they completed their 50th State. It was a picture perfect day for the walk, which included a stop at a local artist's home where they were presented with a commemorative painted rock celebrating their accomplishment. Lunch at Federal Jack's following the walk included homemade cupcakes with state flags and state place-mats to color.



**Chris Yost completed her 50th state walk in Honolulu, Hawaii. Photo by Holly Yost.**

On October 7, Chris Yost celebrated walking in her 50th state, Hawaii, following a Hawaiian cruise with her daughter, Holly. They stayed an extra day to accomplish the capital walk in Honolulu with Sharon Dowdell from the local club, Menehune Marchers. Chris first met and walked with Sharon in February on a Tater Tour at the IVV/Olympiad Convention. What a treat that Sharon agreed to walk with Chris and Holly in her state... Chris' final state!

Chris relates how her journey to 50 states was accomplished: "I joined ESCV in 2014 after hearing about this walking club from members Vera Weiss and Phyllis Boyd. I started the 50 State program sometime later that year after walking with several club members who had achieved this impressive goal. I found myself walking in states where I vacationed. Next, I added the 2017 AVA Convention in Montana and joined a tour group headed by Craig Gauger, Go Travel Walking Tours, to capture some of



**Kathy and Jim Brown displaying their completed 50 States books. Photo by LaVerne Stiles.**

those states far from home. Then I started planning my vacations to states I needed, and also planned mini getaways to add more states. I credit and thank Mary Ptacek and her Tater Tour group for being able to add to my state walks, as well as ESCV trip planner Marion Averill. Lastly, I thank and credit my Volkssporting friends who supported me along the way. Next up...completing the capitols!"

Kathy relates how she and Jim accomplished their goal: "I give credit to a friend I met back in 2004, ESCV member Anne Cavosie. We met when we had grandchildren taking swimming lessons in Waterford. I joined ESCV a few weeks later and convinced Jim to join in 2009. In 2010 we began our quest for completing our 50-state journey on a group trip organized by a club member, Marion Burns. It was a three-week trip walking in eight states. Now we were on a mission! Suggestions from club walkers helped us map out routes when we traveled to Myrtle Beach each year, making stops to walk in states that we needed on the way. Vacations had to include needed states along the way or even a little out of the way. Jim and I drove cross country twice with our daughter Tami, who lives in Utah, from our home in Green Island, New York, and later Latham, New York. Tami mapped out routes to include needed states and we added 11 more. Two shorter car trips allowed us to add five south central states on one trip and New Jersey on another at Asbury Park.

As Jim and I neared our end goal there were only two states left. After taking a break for two years due to health issues, Tami organized a trip for two final states, Wisconsin and Maine.

Enjoy the YouTube Brown AVA 50 State Journey to see a lovely tribute produced by Tami at [youtu.be/Nn83fkh2PI](https://youtu.be/Nn83fkh2PI).

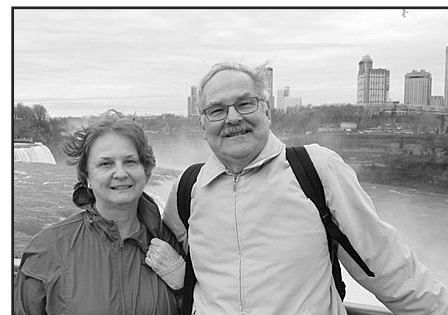
## Twenty-five years to finish 50 states

By Bill Peck

I was in the U.S. Army, stationed in Germany in 1977 and was introduced to Volksmarching there. I left Germany in 1979 with 50 events and 500 KM completed never expecting to do another Volksmarch. In 1983 there was an article in *Time* magazine about a Volksmarch in Fort Devens, Massachusetts. So, I dragged my wife 400 miles to her first Volksmarch. After that we joined a series of upstate New York clubs, and after several club consolidations finally became members of the Niagara Frontier Volkssport Club (NFVC) based out of Clarence (Buffalo), New York.

We did not buy the 50 state books until 1998. We completed the nearby states in the next two years walking with the NFVC. I was in the Army Reserve and they sent me places in the U.S. near walks, which I did when I was off duty. By 2000 I had completed six states, my wife had completed four.

In 2006 we planned to go to Hawaii for our 25th wedding anniversary, and we planned to do a walk there. It would only be my seventh state and Wendy's fifth. We went three days before our cruise and walked Diamond Head. This trip was an outline to planning our other states trips. Each time we took a vacation we planned to do a walk in some far away state.



**Bill and Wendy Peck on the NFVC Niagara Falls, New York walk.**

We did Nevada on a trip to the Grand Canyon. Alaska on a cruise. South Dakota, Wyoming and Utah on a trip whose goal was to do the Crazy Horse Memorial walk. We walked a weekend event held by the Maine and Massachusetts clubs and completed Maine, New Hampshire, Vermont and Connecticut on the way. We took a cruise through the Panama Canal and completed Washington and Oregon before the cruise, and Vancouver, British Columbia, Canada (yes that does not count for the U.S. but it's a U.S. Volksmarch), California, on the cruise and Florida after the cruise.



**Bill and Wendy at Maplewood, Minnesota, September 9, 2023. Twenty-five year journey complete.**

Our son graduated from Infantry Basic at Fort Benning, Georgia and we did Alabama and Georgia while we were there. In 2016 the AVA celebrated their 40th anniversary and clubs had walks honoring that. We walked four more states in the Midwest to get that patch. We walked with the Nebraska Wander Freunde Trailblazers Club at their 2017 Solar Eclipse walk and finished four states on that trip.

Our daughter got married in Arizona in 2019 so we stopped in Colorado and New Mexico to get those states on the way to the wedding. We had completed Arizona in 2013 visiting her before she was married. We did river cruises up the east coast, down the Mississippi and on the Columbia and Snake Rivers to complete seven more states.

To finish the 50 states, as the books are getting a little worn after 25 years and wet once, we did two trips this year just to do Oklahoma, Texas, Minnesota and North Dakota. Our last state was Minnesota, a one day event in Maplewood, Minnesota, with the Twin City Volkssports. Nice that the club scheduled that one just for us!

We got to visit places we probably would never have gone to on a regular vacation. Doing walks from cruises took some planning. Local clubs helped giving advice as to where the ships docked, and where the course ran so you could see if a walk from the boat without transportation was feasible. The advent of the online start box also helped as a lot more information about routes could be obtained from the internet. 🌐






**Atlantic Region**



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## Lee Lepus Volksverband president retires after 37 years

In the early 1970s Dee Platt walked her first Volksmarch in Germany. It was cold, raining, muddy and just miserable. That did not stop her; the family routinely walked two and three Volksmarches every weekend for the next five years. When they returned to the states in 1978 after five years in Germany the last tour, total of 11 years, they believed their weekends of walking several Volksmarches were over. They did not know Volksmarching had crossed the ocean and was now in the states. She discovered there was a Volksmarch club in Virginia Beach, about 2½ hours away, and took the family to a walk. The president of that club, The Gator Volksmarsch Club, helped the Platt family start a local club at Fort Lee, Virginia.

served until 1984 when she was elected president. Somewhere along that time she was divorced and remarried, changing her name to Schrum. She resigned as president in 2021 at the age of 80. Dee has served as president for 37 years. In all this time, she has missed only one meeting, and no LLV club Volksmarches. Volksmarching has been her life.

Most of our awards and patches have been designed by Dee to include several memorial patches dedicated to members who have died. The first Year Round Event (YRE) from Legend Brewery was not a Capitol event — that special program did not yet exist. Lee Lepus has hosted the Richmond, Virginia, Capitol event since 1994; there has always been an



Dee always pitched in where she was needed. Here she is working the brochure table/"B" Award table.

On July 9, 1979, Lee Lepus Volksverband became the 27th club in the United States and the second club in Virginia. Their first event was held at Fort Lee, Virginia, November 3-4, 1979. The second event was held at Fort Lee May 3-4, 1980, and was the first marathon walk in the United States. Since Volksmarching was so new in the states there were no rules in place to conduct any Volksmarch at the time, there was no one to tell the club they could not conduct a marathon, so they did.

Dee has served as an officer, either secretary or president, almost the entire time except for a short time when taking a class at John Tyler Community College. She was elected Secretary August 31, 1979, and

award patch for this event and Dee has designed these patches.

Dee is a lifetime member of Lee Lepus as well as American Volkssport Association. She is point of contact for the club's YRE at Pocahontas State Park in Chesterfield County, Virginia, just 10 minutes from her home. She is also back walking again after falling down three steps in 2020 and doing serious damage to her left leg. She was told she's lucky she didn't lose her leg. She finally completed her 50 States and 51 State Capitols in February 2023. At this time she has completed more than 1800 events and a distance of over 18,000 km. You will still be seeing her on the trail, enjoying her retirement and freedom to just walk. 🚶

## Join us in Savage for New Year's Eve and New Year's Day walks

By Linda Hassell

Come walk and finish 2023 at the Freestate Happy Wanderers annual walk events on New Year's Eve, December 31, and begin 2024 at our New Year's Day, January 1, walks at the Faith Ministry Bldg. corner of 9032 Baltimore and Foundry Streets. The walk events will feature four 5k trail loops with credit stamps for two 10 km trails for walkers to enjoy



Freestate Members invite you to come walk the trails in Savage, Maryland. Photo by Bill Hassell.

each day. The trails are on paved paths and natural wooded areas in and near the Savage Mill Historic District and Savage Park. The Savage YRE 0575 can be walked both days and Centurion Challenge Walkers may earn six IVV Credit stamps at our two day events.

Start between 9 a.m.-noon and finish by 3 p.m. Enjoy the friendly walking atmosphere of fun and fellowship. For complete brochure information checkout our website [mdvolks.org/freestate/](http://mdvolks.org/freestate/) or email Bill at [wahasse1798@verizon.net](mailto:wahasse1798@verizon.net).



## Come to the Lighted Boat Parade Event in Annapolis

By Marie Wisner

Beginning in 1990, one year after the Annapolis Amblers received their AVA Membership Charter, our club hosted the first annual Lighted Boat Parade Event. The Eastport yacht club sponsors the lighted parade. The 5k and 10k trails encompass Eastport, crossing Chesapeake Bay at the Compromise Street Bridge and into downtown Annapolis. The event is from noon to 5 p.m. After the finish, when it is dusk, many walkers remain in Annapolis to watch the parade of boats which are decorated with holiday lights. Trails go through some of the historic areas of Annapolis, the State Capitol of Maryland.



The Amblers have persevered hosting our event during sleet, snow and a fire at a local yacht club. Amblers members created a caravan to rescue stranded walkers caught in the fire and rescue operation and returned them to the finish table.

We invite you to join us December 9 to walk this delightful event. 🚶

Atlantic Region continued on page 8

**AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.**

**AVA's Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.**



## Atlantic Region What is in a name?

By Donald Shockey

Two years ago, our club, the Germanna Volkssport Association (GVA) in Fredericksburg, Virginia, had barely enough members to put on a Traditional Volksmarch. At one meeting, there was even an agenda item asking if the club should be disbanded. Today, the club has 45 dues paying members, our email contact list includes nearly 100 names and our business meetings average more than 25 members. And these numbers continue to grow.

Several things have led to the increase in membership and participation. The first thing we did was to change the club's name so that people would immediately know who we are and what we do. Therefore, the Germanna Volkssport Association became the Fredericksburg Walking Club (FWC).

may or may not be for AVA credit (most are), and we also walk or join other club's YRE or Traditional events. Club members are encouraged to propose new places to walk, credit or non-credit and possibly lead a walk.

As more people started joining us on a regular basis, we discovered that besides the camaraderie of walking together, many of our walkers love to eat together too! We now plan a group lunch after every walk. The weekend walks have been well attended, with an average of 21-26 walkers, with many staying for lunch afterwards. This has definitely helped establish a growing sense of community among us, and now we enjoy getting together for other social events throughout the year such as barbecues, ice cream



The GVA was founded 34 years ago, with many of the original members living in Lake of the Woods, 40 plus miles west of Fredericksburg. Germanna was a German settlement established in 1714 near that area. A junior college was established close to the original settlement and took Germanna as its name. If people recognize the name Germanna at all, they most likely associate it with this college. Additionally, "Volkssport" is not a word that is in everyone's vocabulary. The name change made it very clear that our club is centered in Fredericksburg and walking is what we do. The interest in the club immediately increased.

Another reason our club is growing is because we recognized that many people want to walk frequently and really enjoy walking with other club members. Consequently, FWC members started planning and scheduling group walks for most weekends. The walks are generally 5k or more, and one member of the club is the walk coordinator and leader. The walks

socials or attending minor league baseball games. Beside the fitness of walking, we are happily experiencing the fun and friendship goals of the AVA.

Our improved presence on Facebook and our website has also contributed to our success. Currently with 473 "followers," quite a few people tell us they discovered us on Facebook. Other people have searched "Walking Groups" and found us via our website. Posting great descriptions and photos of our walks lets folks see the great places we go and the fun we have.

In 2024, the FWC will celebrate its 35th year of Volksmarching. We continue to sponsor six Year Round walks, one Seasonal walk and three Traditional walks each year. With our influx of new enthusiastic members we expect to be around for many years to come. And, are we planning a celebration for our 35th anniversary? You bet we are! 🇺🇸

**Slow down and enjoy life. It's not only the scenery you miss by going too fast – you also miss the sense of where you are going and why.**

~ Eddie Cantor

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## Celebrate spring in Swarthmore, Pennsylvania

By Bill Ridge

On Saturday, April 20, 2024, Liberty Bell Wanderers (LBW) will host a traveling guided walk (TGW) in Swarthmore, Pennsylvania. Our 10k walk will begin promptly at 10 a.m. Please arrive early to register. Swarthmore is about 20 miles west of Philadelphia and is easily accessible via interstate highway.



We will walk through the town of Swarthmore and the adjacent Swarthmore College. Swarthmore is a lovely tree-shaded community with beautiful old homes and a small downtown area. Swarthmore College is a highly regarded liberal arts institution with a 425-acre campus that includes the Scott Arboretum, a complex of 27 separate gardens. Our walk will go by several of these gardens. April should be a perfect time of year for our visit.

The walk qualifies for these AVA Special Programs: A-MAZE-ing Labyrinths, IVV-Americas, Par for the Course, Step to the Beat, Rockin' Around the Clock and Walking with America's Veterans. There is no "A" award for this event.

While in the area consider walking or biking some of our other events. We have several events that qualify for the AVA Special Programs new for 2024: A-MAZE-ing Labyrinths and Step to the Beat.

For more event info, contact Bill Ridge at 215-767-5079 or billri12@yahoo.com. 🇺🇸

Atlantic Region continued on page 9

### AVA Special Program – IVV-Americas

Program starts on December 1, 2022 with no end ate. The IVV-America's regional organization is sponsoring a program that asks participants to participate in 20 IVV events anywhere in the Western Hemisphere, especially in the national associations of the AVA and the Canadian Volkssport Federation (CVF). In anticipation of the association assuming the Oceania area of Australia and New Zealand, any event in those countries and the South Pacific also will count. Participants will earn a certificate or a certificate and a patch, depending on the award that they pre-register for. Participants in the U.S. may register by sending a check for \$10 USD (certificate only) or \$12 USD (certificate and patch award) made out to IVV-Americas along with the following information: full name, address, email and phone number to *Walk Special Program (IVV), c/o Walking Club, PO Box 2422, Woodbridge, Virginia 22195. Finished books will be sent to the IVV-Americas administration in Canada. Books can be ordered from POC: Tim Miner, imothy.miner@walkvirginia.org or call 703-583-2916.*



### AVA National Program — Centurion Achievement Challenge

The **Centurion Achievement Challenge** encourages and recognizes those who make a special, serious commitment to the "Fitness" aspect of our Fun Fitness Friendship slogan. Participate in 100 events in a single calendar year. AVA will recognize your accomplishment with a distinctive patch. A lifetime of fitness begins with a single stride. You must be an AVA Associate Member (annual or lifetime) to participate. AVA membership is separate from local club membership. *For info contact Karen at AVA HQ, 210-659-2112 or email Karen@ava.org. Submit payment with a completed Centurion registration form to: AVA Centurion Achievement Challenge, 108 S. Alamo Street, San Antonio, TX 78210.*





# Atlantic Region

continued from page 8

## Sugarloafers Midweek Fun, Fitness and Friendship

By Anthony (Tony) Laing

The Seneca Valley Sugarloafers Volksmarch Club of Montgomery County, Maryland, enjoy midweek fun, fitness and friendship by holding 5k group walks every Wednesday morning. In the warmer months, the walks start at 9 a.m. and in the cooler months, the walks start at 10 a.m. Since the walks take a little under two hours, the 10 a.m. walks usually end at lunch time and sometimes lend themselves to fellowship and conviviality with a group lunch at a local restaurant. Our Halloween themed walk brought out 30 walkers as shown in the photo below.



The walks cover a variety of trails including such varied trails as suburban sidewalks in Garrett Park, hiker biker paved trails in Damascus Recreational Park and natural surface trails in Black Hill Regional Park. And the Sugarloafers enjoy season themed walks ranging from trails along cherry tree blossom lined streets to holiday lights in the winter.


For 2024, the Sugarloafers have already sanctioned four walks and are planning a fifth.

- ❖ **April 13 – Rockville, Maryland** – Lake Frank/Meadowside Nature Center – scenic community sidewalks and then a park with natural trails and views of a local lake.
- ❖ **June 1 – Rockville, Maryland** – Traville Gateway and Falls Grove Trails – a delightful walk in a high tech area of Montgomery County.
- ❖ **September 28 – Frederick, Maryland** – Oktoberfest, an opportunity to enjoy a walk and celebrate an Oktoberfest afterwards. Entrance to the Oktoberfest is free if you walk our event.
- ❖ **November 16 – Gaithersburg, Maryland** – Moonlight Walk, a chance to experience our beautiful park under the moonlight of the Full Beaver Moon. A different view of the world around us.

Check us out at [sugarloafers.org](http://sugarloafers.org).


**AVA National Program — Walking the USA A-Z**

Walk 26 cities — A to Z. For example walk in Albany for A, Zanesville for Z, etc. The program will continue indefinitely as long as there is interest. Once you have completed the event book you qualify to receive a beautiful patch. Note: X is a wildcard and can be a walk at any event that is not already marked for the program. Xenia is still an option. Make a copy of your book prior to mailing the original to: AVA Headquarters, Attn: A-Z Program, 108 S. Alamo Street, San Antonio, TX 78210. Direct questions to [karen@ava.org](mailto:karen@ava.org).



**AVA Special Program – Mayflower 400<sup>th</sup> Anniversary Walks**

Runs January 1, 2020 through December 31, 2022. Walk 12 sanctioned walks which pass something that relates to the Mayflower, Pilgrims or any Native American to receive the color patch. There will be many qualifiers in all states. They include the surnames of the Mayflower Passengers. Example: any walk that includes a Bradford or White street, building or locale will qualify. A Mayflower hotel, a Plymouth street, or a place that refers to any Native American tribe or name will work. Any state, county or town with a Native American name qualifies. Example: anything along the Chesapeake Bay. See our Facebook page called AVA Mayflower 400<sup>th</sup> Anniversary Walks. Request books from Twin State Volkssport, c/o Carolyn Adams, PO Box 151, South Ryegate, Vermont, 05069, or email questions to [carri757@gmail.com](mailto:carri757@gmail.com).




**Northeast Region**

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## Looking back and stepping ahead

By Joseph LaPointe

As 2023 comes to a close, I want to take a moment to reflect on the past year. Walk 'n Mass hosted many great walks in 2023. From our very successful Cape Cod walking weekend, the return of our pot luck and pie Traditional event and a consistent stream of organized group walks, this has been a great, albeit wet, year to get out and walk. A great deal of appreciation goes out to our club officers, walk POC's, volunteers and to all the wonderful people who walked with us throughout the year.

Walk 'n Mass is planning out a busy schedule for 2024, starting early. After dancing the year away the night before, walk in the new year with us during our Traditional New Year's Day group walk in Boston on our Back Bay route. It is always a great way to start the year off. Find the walk details on our website and Facebook page.



**Make Way For Ducklings Statues Boston Walk.**


Our Traditional events kick off on April 6, 2024, with our annual Soup Social in Hopkinton, Massachusetts. Come walk with us, then warm up with a variety of tasty soups and baked goods. This walk qualifies for the AVA Special Programs Labyrinth Program, as will several more walks we are planning. Prior to that, we will continue to host group walks as weather permits, so please keep checking in to our website and Facebook page for updates.

We look forward to seeing you throughout 2024 and are working to prepare an exciting slate of self-guided, group and Traditional event walks.

Start times, directions to the start, and updates to the walk schedules can all be found at our website, [walknmass.org](http://walknmass.org) or on Facebook at AVA Walk 'n Mass Volkssport Club ([m.facebook.com/WalknMass](https://www.facebook.com/WalknMass)). These resources are updated frequently so please check in often to see what new adventures await.


**AVA National Program — Walking the United States**

Earn special recognition! Complete an AVA walk in all 50 states or in all 50 state capitals and Washington, D.C. The basic state or capital program earns a certificate. A separate book is required for each program — request two books if participating in both programs. An optional Deluxe Package is available upon completion that includes a state or capital certificate, a large patch, and a patriotic T-shirt. Details are on the back of each book. Order your "Walking the United States" record book directly from AVA Headquarters, Attn: AVA Headquarters, 108 S. Alamo Street, San Antonio, TX 78210. Email [karen@ava.org](mailto:karen@ava.org).



**AVA Special Program — Airports**

Runs January 1, 2020 through December 31, 2023. Enjoy a scenic walk or bike trip that passes close to an airport and earn a patch to commemorate your journey! Many large airports have paths that circumscribe them, or have paths that go to designated viewing areas. Even small airports often have AVA walks that afford walkers the opportunity to see planes take off and land. And airports are everywhere. To qualify the walk must be sanctioned, but the same walk can be used different years if you desire. Walks qualify if they go to a designated airport viewing area, use a perimeter pathway, or walk in close viewing proximity to the Airport (preferably less than 1/2 kilometer). Also, please send photos so we can post an album on our club website. Walking 12 events earns you the patch. Request books from: Seneca Valley Sugarloafers, Attn: Airports, PO Box 3716, Gaithersburg, MD 20885-3716. Email [airports@sugarloafers.org](mailto:airports@sugarloafers.org).







**South Central Region**

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## Louisiana Explorers finishing the 64 parishes

By Helen Hull

Next year, 2024, our quest to walk all 64 Louisiana parishes will be complete with YREs scheduled for the last eight parishes in southeast Louisiana. What began in 2018 as a project of adding walks in seven new parishes will now become history. Each year we traveled to another section of the state and held walks in 6-12 different locations. And now, finally in 2024, we will have walks in the last eight parishes. All but two of the walks (Chalmette and LaPlace) are on the west side of the Mississippi River on a 150 mile route.

We will be holding special group walks January 11-15 during the MLK weekend. Early arrivers on Thursday, January 11 can join us for a modified route of the New Orleans Garden District at 9:30 a.m., and then continue 10 miles east to the Chalmette Battlefield, site of the Battle of New Orleans. The battlefield is part of the Jean Lafitte National Historic Park. We will gather at 2 p.m. for a tour the battlefield and cemetery along the banks of the Mississippi and a portion of the residential and town area. Chalmette is the parish seat of St. Bernard Parish.

Our Friday walks will be in Gretna at 8:30 a.m. and Belle Chasse at 1:30 p.m. Gretna is the parish seat of Jefferson Parish, named for Thomas Jefferson. The town was originally part of a 1750 plantation, and was formally incorporated in 1836. Belle Chasse is the largest community in Plaquemines Parish and sits on the southwest bank of the Mississippi.

Saturday at 8:30 a.m., we will explore the Barataia National Nature Preserve, another part of the Jean Lafitte National Historic Park in Jefferson Parish. The trail consists of boardwalks and nature trails and in the warmer months of the year, alligators can be seen along with other

wildlife. I sometimes have trouble finding one interesting site with enough distance for a walk in a parish, but Jefferson Parish had two great places, Gretna and Barataria. After our nature hike, we head to Luling in St Charles Parish for a walk



Jefferson Memorial in Gretna.

through a residential area, passing city and school facilities below the bridge connecting Luling to the New Orleans area.

Sunday, we head to LaPlace which is the southern terminus of I-55 in St. John the Baptist Parish for a 9 a.m. walk before heading to Houma in Terrebonne Parish for a 2:30 p.m. walk.

And finally on Monday, it's on to Thibobaux in Lafource Parish. The walk starts at the Jean Lafitte National Historic Park Wetlands Cultural Center (yes, another Lafitte site) visitor center and explores the many historic buildings and cemeteries. And lastly, a walk along the Mississippi River levee in St. James Parish across from Oak Alley Plantation and several other plantations.

Check our website, WalkTx.org/EastTexasTrekks, for brochure and more information about these walks or contact Helen Hull at HelenTheHun@yahoo.com. 📞

## Clay-Platte Trackers sponsor seasonal Lights on the Plaza Walk

By Barbara Buehrer

The seasonal Lights on the Plaza Walk, sponsored by the Kansas City Clay-Platte Trackers, will have completely new routes. These trails will primarily take the walker through 15 blocks of over 200,000 lights. The 5k/10k routes are fairly flat with the exception of one significant hill at the end. The Plaza area is an urban shopping area with trendy restaurants and shops. Walkers will also see statues and fountains. This walk begins November 23 and ends December 31.

The Clay-Platte Trackers are providing three group walks which will start at the Jacob L. Loose Park, 5200 Wornall Rd., Kansas City, at the picnic shelter.

- **Wednesday, November 29** — 9:45 am. Start at 10 a.m. (No lights)
  - **Friday, December 8** — 4:15 p.m. Start at 4:30\*
  - **Sunday, December 17** — 4:15 p.m. Start at 4:30.
- \* **Saturday, December 9.** 9:45 a.m. Start at 10 a.m. Group Walk, Westport YRE. Start at Sun Fresh, 4001 Mill St., Kansas City.

What if you cannot make the group walks? You can register on the Online Start Box or you can use the start box at Sun Fresh, 4001 Mill Street. (Ask for the walk box at customer service. The green notebook will be inside the walk box.) You will then need to drive to the start point at the picnic shelter in the Jacob Loose Park, 5200 Wornall Rd. The lights are turned on about 5 p.m.

The Clay-Platte Trackers strongly urges walkers to not walk alone. We also suggest that walkers carry some type of light. There is a lot of traffic during this season so please obey the traffic signals.

For more info, contact Pat Thons, 816-820-0157 (texting would be best) or Pentathons@gmail.com. 📞

## Arkansas' Ozark Hill Hikers offers five new county walks in 2024

By Pat Golden

Next year the Ozark Hill Hikers will introduce five new walks in Craighead, Jackson, Lawrence, Mississippi and Poinsett Counties. The club will host a kickoff event April 25-27, in Jonesboro, Arkansas. Club members will be walking Little Rock on April 24 and all walkers are invited to join the club on this walk before going on to Jonesboro.

On April 25 of the kickoff event, walkers will have the opportunity to sign up for all five of the new county walks as well as the five county walks offered in 2023. All 10 county walks are in northeast Arkansas and in relatively close proximity. More details will be available after the first of the year. To receive an informational brochure, email the club at bvvothh@gmail.com with your request.

If you are just beginning your county walk journey in Arkansas, county record books will be available on April 25 at a cost of \$5. (Note that the event is in April not March as was printed in the previous issue of TAW)

Come join the Ozark Hill Hikers in April, 2024. 📞

## Saint Louis Walkers' Total Solar Eclipse Walk - April 8, 2024

Join Saint Louis Walkers in Cape Girardeau, Missouri, to walk a 5k/10k on Total Solar Eclipse Day, April 8, 2024. Cape Girardeau is almost in the exact center of the eclipse path with one of the longest viewing windows in the United States: four minutes, six seconds. The eclipse begins at 12:40 p.m. and peaks at 2 p.m.

We're registering walkers early in the morning at Cape Girardeau SportsPlex, 2526 Jim Drury Way, just off I-55. This is Cape's official viewing area. Park at SportsPlex early, before the crowd arrives. Our walk starts from there. Walk, then settle in your comfy lawn chairs or grab a bleacher seat, enjoy lunch from the food trucks, and wait for the eclipse to start. Don't forget to bring your eclipse glasses. You will see the sun's corona and the bright spot of sunlight called the diamond in the crown. It's spectacular and unforgettable!

We suggest that you book a hotel room in St. Louis, which is less than two hours from Cape Girardeau, straight down I-55. Hotels in the eclipse path are raising their room rates astronomically to match this astronomical phenomenon. St. Louis is near the path, but will only see a partial eclipse. The next total solar eclipse in the U.S. will be in 2044. Go to our website, saintlouiswalkers.com, for updates on this walk. 📞

**Let's wander where the Wifi is weak.**







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**Mid-America  
Region**



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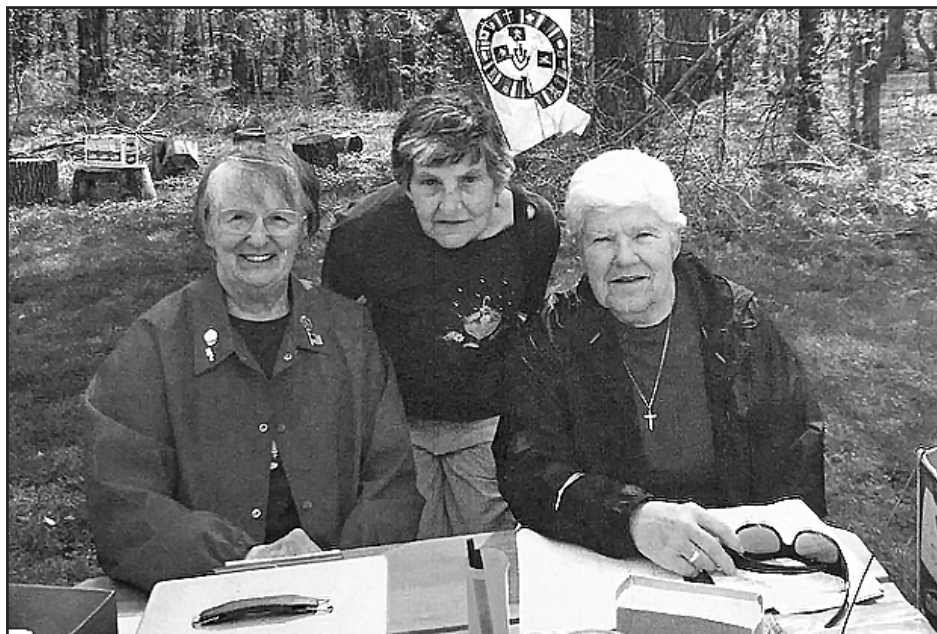
**Southeast  
Region**



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## Walking pioneers

The three women pictured below, Joyce Gruber, Helga Slade and Thelma Goris, have been walking since the beginning of our sport here in the United States. Helga Slade was a founding member of the AVA, attending the first convention held at Glenn Helen in Yellow Springs, Ohio. She helped establish the AVA, as well as Ohio Wander Freunde (OWF). All three women have held multiple positions in multiple clubs. Helga was the president of the Purple Penguins Volkssporting Club, along with OWF vice-president. Thelma was the Wandering Wheels' president and assistant editor of the *OVA Journal*. Joyce has been secretary of the Ohio Volkssport Association (OVA), secretary of the Purple Penguins, as well as the current OWF treasurer.




(l-r) Joyce Gruber, Helga Slade and Thelma Goris.

Sadly, 2023 has seen the loss of two of these extraordinary women. Helga Slade died in March and Thelma Goris in August. Both women are sorely missed, from their immense knowledge and history of our organization, to their tireless volunteering. Whether it was finding trails, marking trails, sweeping trails, working the registration or checkpoint, there were not very many OWF events that they did not participate in some fashion.

Now that Helga and Thelma are not around to answer our many questions, thankfully we still have Joyce Gruber to call when we need the answers about our great sport of Volksmarching. She continues to work the start at OWF events, along with organizing our club's group walks and always having some awesome snacks for when everyone finishes the trail. Joyce is the behind-the-scenes person who makes sure OWF continues to run as smoothly as it does, after 45 years as a club.

**May your best miles be those covered by foot.**

**AVA Special Program – Step to the Beat**



Program runs January 1, 2024 through December 31, 2026. Redeem completed books by December 31, 2027. This program encompasses the world's love of music in its many forms. To qualify, a walker must pass by any location that teaches music, has music performances regularly on stage, uses vocal or instrumental music to entertain audiences, has dancing performed to music or a music store. Qualifiers are 15 different locations in an AVA sanctioned event. The qualifying location can only be used once per event even if there are multiple qualifiers on the same route. If an event has more than one qualifier on the event route, the stamp may be used again, if paid for and walked a separate time for each qualifier. This special program supports "Hungry for Music" which is a charitable nonprofit organization that works to support music education and cultural enrichment and provides musical instruments to underprivileged children around the world. This special program is hosted by the Nebraska Wander Freunde Trailblazers. The cost of the book is \$12. Successful participants will earn a colorful patch. For more information contact Lori Anderson at fromustoyou@zoho.com. Send requests for books to NWFT at PO Box 8147, Omaha, NE 68108.

## Second Annual Alpine Helen Volkswanderung

Helen, Georgia's original walking club, was established in May 1985 as the Alpine Helen Volkswanderung Club, AVA-0290. The club was very successful and brought in walkers from throughout the region annually. Most loved the German style walk up from Helen to Unicoi State Park Lodge (10k) and back to beautiful Helen. Unfortunately, the club's leadership changed hands, and with it, the walk came to sad end in 2003. We are working on rechartering the club now.



The current president, Rod Powell, of Perdido Key Volksmarch Club (AVA-0964), travelled to Helen every year for the famed April walk event and vowed to bring the club back one day. He recently moved to Helen, and that day is now! Our first annual walk was on April 22 and was a rousing success. Old members and excited new recruits came out for the scenic walk and enjoyed many gifts and prizes at the end, which included more than \$1500 in gift certificates and German steins, cuckoo clocks, etc., donated by local merchants with proceeds to local charities.

finish in a German biergarten at the Bodensee Restaurant, with prize drawings, bratwurst, bier and a wonderful Bavarian Oompah band. Registration and walk starts 8-10 a.m. on Saturday.

The second annual Volkswanderung 5-10k will be held on April 27, 2024, and promises to be much bigger and better than ever. Plans are to start and

Helen, Georgia, provides visitors a unique place to relax and enjoy the beautiful Alpine village, mountains, trout streams, waterfalls and much more, plus over 200 specialty and import shops and restaurants. Recently, Helen has earned the position as one of the top tourist attractions not only in Georgia, but in the southeast United States. For more info, contact or go to Helen Visitors Center website, helenga.org, 800-858-8027, or contact Rod Powell, PKVC president, at roderick.2002@yahoo.com.

**AVA Special Program – Lighthouses II**

Program runs January 1, 2023 - December 31, 2025. Redeem completed books by December 31, 2026. Beacons from coast to coast, lighthouses are linked historically to the development of maritime expertise and used to warn of dangerous conditions so as to secure safe passage. With approximately 700 lighthouses in the United States the Qualifier must include any sanctioned IVV event (Traditional, Seasonal or YRE) that passes or is in view of a lighthouse. One stamp per event per year. IVV participants outside of the United States are welcome to register and participate while logging lighthouses along any IVV event. Cost of book is \$12 USD. Complete 12 walks to receive a patch featuring a lighthouse and also a completion certificate. Make checks payable to the Baltimore Walking Club. Books can be ordered from Sue Capp, 100 Grace Manor Drive, Havre de Grace MD 21078. Phone, 717-968-6611.



**AVA Special Program – Washington-Rochambeau National Historic Trail**

Program runs from September 1, 2022 and ends December 31, 2031. Redeem books by December 31, 2032. Join with the Washington-Rochambeau Revolutionary Route Association, Inc. (W3R-US), the National Park Service (NPS), and America's Walking Club (AVA) at the state, region, and national levels, to celebrate the 250th anniversary of founding of the country, and the young nation's very first international walking journey. The national program requires walking or biking one AVA event in each of the states and Washington, D.C., along the Washington-Rochambeau National Historic Trail or at a location historically linked to the journey. There will be additional but separate state and region programs associated with this event. The national award will be a neck-worn medal. State and region programs will award pins to be placed on the neck medal. The national logbook is available for \$15 from Virginia Volkssport Association, c/o Wood 'n Dale Wanderers, PO Box 2422, Woodbridge, Virginia 22195 POC: Tim Miner, timothy.miner@walkvirginia.org, or 703-583-2916.





## Tails on the Trails

### Get out and walk with your dog!

By Paul Massuli

Do you have a dog? Is he or she walking with you? If not, there's a good chance that he or she should be!

My walking buddy is Pacino (as in Al Pacino) and, for the last several years, he has joined our club (First State Webfooters) on countless walks. He's an 11 pound rescue that came to me after living on the streets for who knows how long. He didn't know what treats were, didn't know how to play and he was definitely lacking any social skills. He's become a great little dog with lots of energy. He does still become a little vocal with new dogs! Once he does the doggie greeting, he's generally good – very much keeps me on my toes!

We all know the benefits of walking, but having a K9 walking buddy takes things to a different level. We push each other – a sort of built in motivation. Most of the time, I walk him, but some days, I let him dictate the pace and walk me. We've created lasting memories. He's been able to live his best life and the bond we have is priceless!

Whenever he joins us, he always gets attention. I like to think of him as our club mascot. He makes his mark on everyone he sees. Other club members always enjoy seeing him and, from the strangers he meets, he generates lots of smiles. Simply put, he makes people happy.

So, not only is walking healthy, both mentally/physically for him and me, but also for so many of the people he meets. Having a K9 walking buddy makes the walks that much more enjoyable for everyone around you.

Get out and walk with your dog! 🐾



Paul and Pacino.

### My faithful canine walking partner, Rudy

By Martin Callahan

My poodle, Rudy, has been my Volksmarch walking partner for almost 10 years. I have been walking with dogs on Volksmarches for around 30 years, and with Rudy since 2013. Rudy was a white toy poodle and weighed around 17 pounds. Though he was a small dog, he never had a problem keeping up with larger dogs like Dolly, who was a black Chow and weighs around 80 pounds.

Rudy was a rescue dog that we adopted for my mother, who lost her previous Poodle, Frosty, who passed away. The lady who found Rudy told me that he was discovered covered with so many sticker burrs that they had to shave most of his hair off to get rid of them. Over time Rudy became more attached to me and would follow me everywhere in the house and would sleep on top of my bed. I had to be careful when I sat down as he would get under me so I had to be careful to not roll my chair over his feet.

Dolly was abandoned in my neighborhood so I ended up adopting her too about the same time as Rudy. I would take Rudy and Dolly on all the walks I could and they became well known by other Volkssporters who saw them along the trail. Both dogs were well liked by the folks we would run into along the walk trail. As the years went by it was more difficult for Dolly to do all the walks as she had severe arthritis and it was mostly Rudy you would see on the trails.

Rudy was always a joy to meet on the trails and very friendly to other Volkssporters and most other dogs we would meet along the trail with a few exceptions. He had the ability to walk on his rear two legs like a human when he wanted to, especially for a tasty treat. On the way back home from a Volksmarch he would curl up on the back seat and take a nap until we arrived home. When I got home and needed to rest myself he would always curl up next to me.

In September his annual physical tests came back with some problems which would require retesting four weeks later. Unfortunately on September 21 he got very sick requiring a trip to the emergency room where they were not able to save him. I miss Rudy very much as do the Volkssporters who saw him along the walk trails. It is very difficult to lose a pet you get so attached to like a close friend or relative.



Martin Callahan with Rudy on his last Volksmarch at Camp Verde, Texas on September 16, 2023 before he passed away on September 21, 2023.

It is so painful for many people who lose a pet that they don't want to adopt a pet to avoid that intense pain again. I hope to find another poodle like Rudy in the future, even though I can never replace him with another dog with the same joy and love I had for him. There are so many dogs out there that need to be adopted to have a forever home and I can definitely say that having a dog with me on my Volksmarch walk events has made them much more enjoyable over the years. If you have the ability to adopt a pet please consider doing so as they need homes and your Volksmarch experience will be much better with a dog at your side. 🐾

### San Antonio Pathfinders Tribute to Freedom Annular Eclipse Walk a huge success!

By Henry Rosales

I attended the Tribute to Freedom Annual Eclipse Walk, hosted by the San Antonio Pathfinders in October 2023. The event was well attended, well organized, and attracted several new walkers! I appreciate how the walk organizers worked with the community to host the event at an establishment instead of a park because by doing so we create new partnerships that bring new walkers! Along the trail I met a professional photographer named Karen Rose who was patiently waiting for that perfect second to capture that perfect photo of the eclipse. She has graciously shared one of her photos with us! Feel free to contact her for additional information and photos! Special thanks the Kathy and Mike Schwencke, the San Antonio Pathfinders, and all volunteers for a job well done!



Karen Rose is a professional photographer living in Brunswick, Georgia who traveled to San Antonio, Texas to photograph the 2023 Annular Eclipse. The photograph is a composite of five photos taken during the eclipse, including the ring of fire seen at Total Annularity (Maximum Eclipse). Karen can be reached at KRosephotos@hotmail.com. 🐾

# SOLAR ECLIPSE

## APRIL 8, 2024

**SAVE THE DATE**

World Walking Week  
is 1-7 April, 2024

The Texas Hill Country  
will be one of the few places  
in North America  
in complete totality of the solar eclipse.  
Observers will see about  
4 minutes and 29 seconds of totality  
starting at 13:32.

The Texas Volkssport Association is planning  
**5 & 10 km walks**  
in the Texas Hill Country

**COME WALK WITH US**

[RandolphRoadRunners.info](http://RandolphRoadRunners.info)



# MILESTONES

## Volksmarching Lifers

This will be the last installment of Volksmarching Lifers. Thanks to everyone who contributed their stories for us to read and enjoy. Thanks to all who've not only walked all these years, but who have put their shoulder to the wheel to keep their clubs and AVA going. We salute us all! Congratulations on a lifetime of walking and volunteering for Volkssporting!

### Just a flyer

By Andy Howard

It was just a flyer, on a bulletin board in the Little Creek, Virginia, Navy BOQ - "Volksmarch on the beach." I didn't know what a "Volksmarch" was but I liked beaches. Thus, way back in 1978, the Gator Volksmarch Club (AVA-13) hooked me on 45 years of walking.

Continuing with the Houston (Texas) Happy Hikers (AVA-15), Volkssporting has taken me many places — by foot, swimming and bicycle. Countries, states and capitols, national conventions and a Texas Ten. Things to see; people to meet; food to eat; patches, pins, medals, mugs, t-shirts, and certificates to collect. Some trails were very interesting, some not so much. Some directions were excellent, some not so much, some with "demons" changing trail markings. All provided exercise, one of the goals — and "I paid money to walk," befuddling many friends.

Publicity was my thing. Starting with creating hard copy newsletters, folding and envelope stuffing and stamp licking, moving on to websites and email lists. Taking photos, lots of photos! No matter the club size, a good publicity program is important. And, as with all clubs, lots of checkpoint and start/finish staffing.

Volkssporting, the AVA and IVV have persevered over the years. Many good people contributing their time, money and ideas. I'm glad I saw that flyer so many years ago. I hope you find your flyer and enjoy Volkssporting too. 🍷🍷



### Long time Volksmarchers

By Craig and Faith Gauger

My wife and I are long-time Volksmarchers, though we didn't start together. I had been in Germany previously from 1978-81 and the Air Force sent me back in 1983. I learned German on my first tour. The recreation center had a bus to the Darmstadt Volksfest in July, and it was only \$2. What a bargain! So I went on the walk. Afterwards they had an oompah band, great food and drink and lots of people.

In Germany, when you go to a walk, there are many tables filled with brochures of upcoming events. These people are called Werbers (advertisers). They would have a stack of flyers and an example of the award for the walk. The awards ranged from medals to beer mugs to plates to cloth patches and all sorts of things. If you are pre-registered, you were guaranteed an award. Walking clubs would sign up and estimate how many of their members would come to the walk.

I joined the Rhein-Main Panthers Volksmarch Club. A year later I became president and suggested we host a walk. We had to go to the Deutscher Volkssport Verband (DVV) meeting to request our walk dates. A club could only have a walk on a date when there were no other walks within 75km. We chose Memorial Day weekend. There were no other walks in Germany that weekend that were anywhere close. We had 3500 walkers the first year and 5000 the second year.

We walked in five countries together. I also went on a walking bus/train tour in England, Scotland, and the Shetland Islands in 1987 organized by a retired British soldier, Dennis Coulson. I took trains from Frankfurt, Germany to Kent, England to meet up with the group. He had set up walks or connected with local clubs who hosted walks in many parts of England.

I left Germany in 1987 for Montgomery, Alabama. I joined the Capital City Wanderers and there weren't many walks in the U.S. at that time. We carpoled to Georgia, New Orleans or Florida for walks. After three years in Alabama, I was assigned to San Vito Air Base, Italy. This base is way down on the heel of the boot in the state of Puglia. No



walks anywhere near us. I was working in recreation division running the rec center, the base pool and eventually running outdoor recreation. My job was to offer things for military and civilians to do when they weren't working. I investigated where walks were and got a military van booked to drive anyone interested in going on these walks. We hosted the AF Global event at San Vito in 1991.

I left active duty and moved to Ohio and started The Penny Pickers walking club in Yellow Springs. I was always picking up coins from the ground, hence the name. We offered walks, bikes and the first roller skating event in Ohio. We started offering bus trips with walks available every day.

In 1995 I went out to Portland, Oregon, to the AVA convention where I met Faith Cataldo on a walk. Somehow, we kept meeting up at the walks every day. Last evening at dinner, we were dancing, I asked if I could see her after the convention. Faith started walking in 1989 with the newly formed Maumee Valley Volkssporters, which was organized by George and Barbara Emrick. She and her family went on walks here and there.

When we got back home to Ohio, I would call her, and drive the 150+ miles (each way) to Maumee for a "date." After 11 months of this, I sold my house and moved to Maumee. I kept asking her to marry me, but she held off, for 12 years! When I was set to go to Iraq in 2008, she finally agreed to get hitched. We've been together now for 27 years. We've walked in all 50 states and many other countries. 🍷🍷

## Two grand ladies from the Sugarloafers Walking Club

By Anthony (Tony) Laing

The Seneca Valley Sugarloafers Volksmarch Club in Montgomery County, Maryland, has been going strong for over 36 years. For 30 of those years, two Volksmarching grand dames in the county have kept the club active and vibrant — Jone Parr and Carolyn Thurber.

They both joined the club in 1994 and have held vital roles including trail master and membership chair. They have both sponsored Atlantic Regional Conferences and have received the Atlantic Region's Very Important Person (VIP) awards on separate occasions for their dedicated and extensive club volunteer work. They put a Point of Contact document together that describes how to run



Jone Parr.

a Volksmarch for club members sponsoring Traditional Events. This document has been used by other clubs. And every January they hosted a winter walk on the C&O Canal Towpath that was enjoyed by many walkers. They were the points of contact for numerous Traditional Events. They also kept track of the club's archives and stored these invaluable documents.





Carolyn Thurber.

Jone has walked over 2,800 events and Carolyn has walked over 2,200 events throughout the country. They have completed more Special Program books than they can count. They continue to mentor new members. The club and the AVA owe a debt of gratitude to these outstanding volunteers. 🍷🍷

**AVA: America's Walking Club!**










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## North Central Round Up

I have many thank you's this edition for the awesome Volkser in my region. First, I'd like to mention the regional Big Give Challenge. Thirty-nine people made contributions for me to match. That was awesome! So many generous Volkser in the North Central. My piggy bank is in pieces. With donations and match, we contributed over \$1,800 to ensure the future of AVA. Thank you all so much.

My second giant thank you goes to someone who has kept America's Walking Club connected for so many years, Donna Seline. Many, many thanks, Donna for all the years of awesome photos and great stories! The TAW had been a high-quality newspaper for AVA all these years, an excellent source of new and highlights. I'm very proud that you are a North Central Volkser. Thank you, Donna!

After a fabulous fall of walking, the North Central is heading into winter, when snow and ice abound. That doesn't stop the inventive Volkser in the North Central region. We have malls and skywalks and snow shoes. Keep reading to find out what's happening around the region this winter. We've always got something going on in the North Central Region. 🐾

## NSTT announces 2024 events

This year NorthStar Trail Travelers is doing fewer parks but doing two one-day events at two parks. We'll be sponsoring six weekend events throughout 2024 and we hope you'll put the dates on your calendar and plan to join us!

We always start out the year with a snowshoe/walk event in February, this year at a favorite park, Lake Maria State Park near Monticello. This event will be held on Saturday, February 10. Bring along your snowshoes if you have them, or wear your winter boots to check out the park in winter! We have a postpone date of February 17 if the weather is too bad.

Over Memorial Day weekend, we'll drive down to Blue Mounds State Park near the Minnesota/Iowa/South Dakota border. There we'll do two different one-day events at either end of the park, on Saturday and Sunday, May 25-26. Keep your eyes open for the bison/buffalo herd!

In September we'll go up to Itasca State Park for a three event weekend from September 13-15. We'll walk on the headwaters end of the park and at the south end of the park by Douglas Lodge. We will also offer a bike event for those of you who still ride! Ride the Wilderness Trail in the fall ... enjoy the beauty of this park. We've got some other activities planned for this weekend as well, including a ride on the tour boat across Lake Itasca from Douglas Lodge to the Headwaters. Stay tuned for more info!



*The Headwaters of the Mississippi River at Itasca State Park in Minnesota will be featured at an NSTT event on September 14, 2024. Itasca is Minnesota's first state park!*

Lastly we'll go back to O'Brien State Park along the St. Croix River for our annual meeting/guided walk on October 26. Plan to stay for our potluck lunch and annual meeting, including board elections and door prizes!

So put the dates on your calendars so you don't miss out on these great walks! 🐾

## Woodland Wanderers, 2024

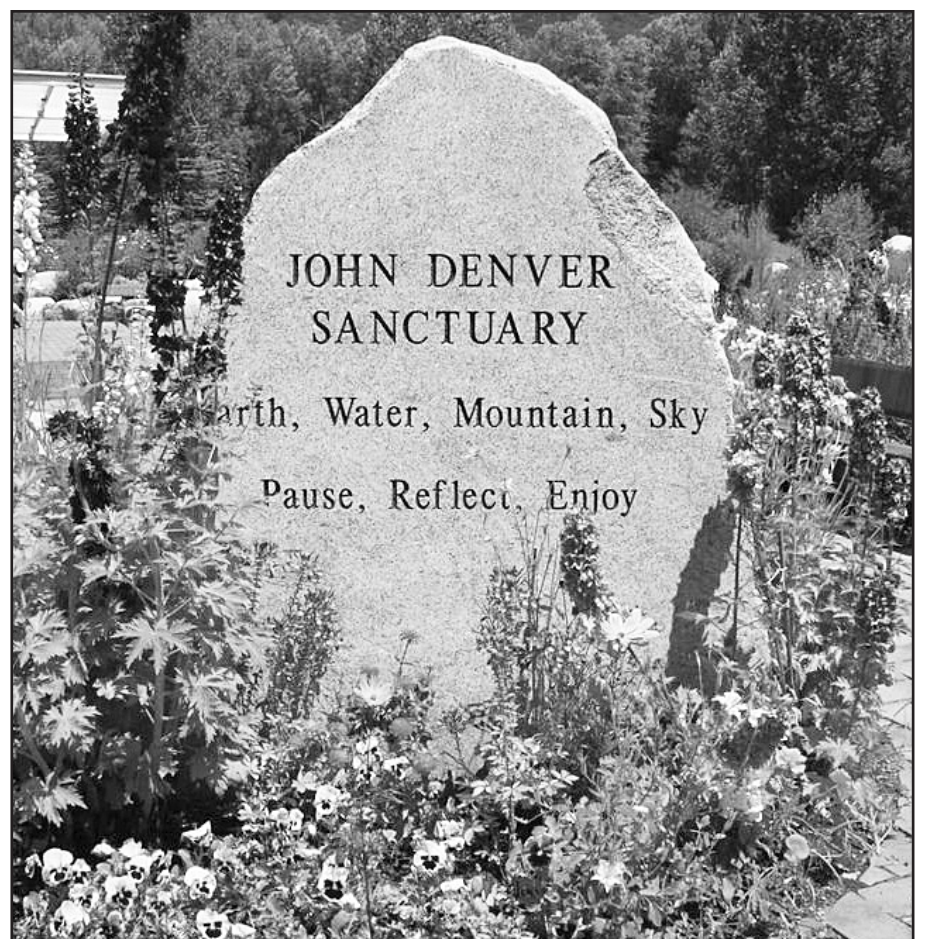
By Frank Sayers

A **huge** thank you to Donna. She has done a tremendous job editing and publishing *The American Wanderer*. We are all very grateful for your service.

The Woodland Wanderers have several Regional Special Programs that will continue in 2024. We also will continue with our Year Round and Seasonal events in Colorado and Montana.

(azstrollers.org/CountyChallenge/). Register by December 31 in our Online Event Registration System (azstrollers.org/Store/) to complete our events before it is too late. The other events in the challenge are hosted by three other Arizona clubs and have physical start boxes.

New for 2024 are the John Denver Tribute events. We have sanctioned two seasonal events in Aspen, Colorado, 7,890 feet above mean sea



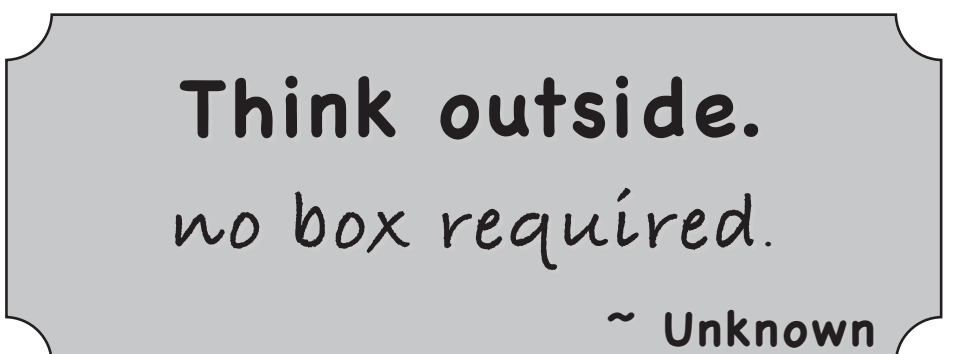
The Charley Pride Challenge (woodlandwanderers.org/CharleyPride/) has been extended to the end of 2024 so the events in New Mexico and Texas are available during the Sun Country Striders' (suncountrystriders.wordpress.com/) upcoming April events that will cover some new counties.

The Utah County Seat Challenge (woodlandwanderers.org/Utah/) continues through 2025 with 29 events available, one in each county seat.

This is the last year for the Arizona County Seat Challenge

level. One walks through the town, trails and the John Denver Sanctuary Garden. The other is an out and back on the Rio Grande Trail, and at the 5k turnaround point you can just see John Denver's house up on the hill. For everyone who completes both events I will mail a USB stick with a bunch of John Denver songs and videos.

And don't forget if your club is pondering a website, check out AVAClubs.org to get set up for free. 🐾









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**Pacific Region**



**Becky Forsythe, Director**  
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## Saguaro Sun Striders – 2024

By Frank Sayers

Give a **huge** shout out to Donna for editing and publishing *The American Wanderer* over these many years. Kudos for a job well done.

If you get here before the end of 2023 don't forget the additional Year Round Events that make up the Arizona County Seat Challenge. Complete all 15 and receive an Arizona Friendship pin in the mail.

The Saguaro Sun Striders ([avaclubs.org/SaguaroSunStriders/](http://avaclubs.org/SaguaroSunStriders/)) have 14 Year Round Events for your walking pleasure throughout Arizona. While they run from January to December, we ask you take precau-

New for 2024 is the Nevada County Seat Challenge ([avaclubs.org/SaguaroSunStriders/NevadaCountyChallenge/](http://avaclubs.org/SaguaroSunStriders/NevadaCountyChallenge/)). We have established 16

## Low Desert Roadrunners turn 40

By Carl Cordes

On October 15, 1983, the Low Desert Roadrunners held their first walk in Riverside, California. Fast forward to October 14, 2023, to Wildomar, California, where members came together to celebrate their 40th Anniversary. Founding member Bob Gebo brought along some of those early brochures and medals including that first walk. He gave the younger members an oral history lesson of the beginnings of the club and those walks. Bob is also the current club vice president.



Early members (l-r) Jean Vik, Dottie Schweiger, Sue Obradovitz and Bob Gebo were presented with special commemorative mugs for their contributions to the Low Desert Roadrunners over the past 40 years.

After the walk, participants were treated to brats, beer (or soda) and good times! Congratulations to Kathy Bundy, current president, and Jo Billman, current treasurer, for organizing, hosting and cooking up this celebration. Happy Anniversary!



Carl Cordes, AVA Vice Chair (former Pacific Region Director), and Brenda Harris joined Low Desert Roadrunners for their 40th Anniversary walk and celebration.




tions when trying to walk in our summer months. Depending upon the elevation, temperatures above 100 degrees are not uncommon. We suggest starting as early as possible, wearing a lot of sunscreen and carrying plenty of water. As an aside, our summer months are generally June through September, as opposed to Wyoming where it is next Wednesday.

Year Round Events, one in each county seat. Check out the website to download the free challenge booklet and brochure. When you complete all 16 county seat events, scan the book and you will receive a Nevada pin in the mail. Things to think about. These are mostly small towns in Nevada. The town folk surely don't expect to see someone walking on the side of the road. All the events except for Las Vegas are above 3,500 feet in elevation. That means there will be snow. Use sunscreen and bring plenty of water. Look for a place to pee on the way to the event because most do not have a public restroom at the start (usually the county administration building).

We have the Capital, Deem Hills and Encanto events in Phoenix; Fountain Hills featuring the fountain shooting up 300 feet in the air for 15 minutes every hour; Lake Havasu City featuring the London Bridge; historic downtown Prescott; winter RV paradise Quartzsite; Chaparral Park in Scottsdale; the Sedona town walk and around Bell Rock; visit the Desert Caballeros Western Museum in Wickenburg; and in Surprise visit Sun City Grand, the Surprise Stadium and an actual waterfall in White Tank Mountain Regional Park.

Don't forget to sample the events provided by our other clubs in Arizona, the Thunder Mountain Trekkers and the Tucson Volkssport Klub. Their events are mostly in the southern part of the state, and include Bisbee, Naco, Benson, Sierra Vista and Tombstone; Tucson and Yuma; Flagstaff, Tubac and Green Valley.

In the planning stages during the Snow Bird Season are Traditional events for Pi day, Veterans Day, a Christmas light walking tour and New Year's Eve/Day.

Come walk with us! 

### AVA Special Program – Walking with America's Veterans

Runs January 1, 2021 to December 31, 2027. To complete this program you must collect 15 local veteran's monuments and memorials for "campaigns" from the Spanish American War to the present in local communities. Also targeted are the locations of veteran organizations like the VFW, American Legion or any of the other members of the National Military & Veterans Associations. Each qualifier can only be used once in an event logbook or once in a year, whichever comes first. If a logbook is used over multiple years, the new IVV/AVA stamp with a different year allows the use of the same qualifier in the same book. Upon completion, participants are eligible to receive the first AVA: America's Walking Club military challenge coin. Sponsored by the U.S. FreedomWalk Festival Club. For details and books email [veterans@walkvirginia.org](mailto:veterans@walkvirginia.org) or call 703-583-2916.

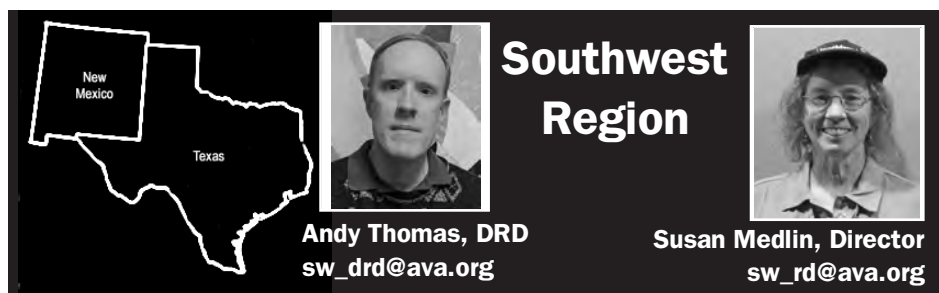


### AVA Special Program – Rockin' Around the Clock

Runs January 1, 2020 through December 31, 2023. We are Rockin' around the clock! Collect 24 different town clocks or public clocks that you see while participating in Volkssport events, as well as clock shops and clock museums. Clocks inside a store or store window or in a museum will not count unless the store or museum is specifically or mainly dedicated to clocks and timepieces or the museum has a special exhibition focused on clocks or timepieces. Does not count: garden sundials, ordinary clocks inside buildings, pictures of clocks on signs, billboards, etc., display of watches or clocks for sale, other businesses that use the word clock in their name (restaurants, hotels, streets) unless they feature a public clock outside the building. For info contact Vivian Lijewski, 419-385-3904, or Faith Cataldo-Gauger, 419-350-4365 or [faith@toast.net](mailto:faith@toast.net). Sponsored by and books available from: *Maumee Valley Volkssporters*, c/o: Vivian Lijewski, 4710 Glendale Ave. Suite 201, Toledo OH 43614.







## The Randolph Roadrunners' winter walks

By Martin Callahan

The Randolph Roadrunners Volkssport club of Universal City, Texas, is hosting two walk events this winter. The first walk will begin on December 9 at St. John's Church at 315 E. Rosewood Avenue, Boerne, about 30 miles northwest of San Antonio. The town was first settled in 1849 by a group of German pioneers and continues to this day to have a distinctive German flavor.



(l-r) Laura Johnson, Frank Ellis with Rudy, Gayle Weinraub and Doug Eide pose in front of some Christmas decorations on the beginning of the trail through Woodside Village along the 2022 Christmas Walk in Boerne, Texas. Photo by Martin Callahan.

Volkssporters will follow a route through residential and historic sections including the Boerne Christmas Market in the Town Square. Part of the route will be in a new neighborhood that decorates for the holidays. On the walk you will have the opportunity to visit many fine antique shops, craft shops and restaurants. You can learn about Boerne at [visitboerne.org/](http://visitboerne.org/).

The club is continuing its tradition since 2014 of offering a free sausage and pancake breakfast for Volkssporters before they start their walk. Old Volksmarch medals and other prizes will be given out to Volkssporters who complete the walk.

The second walk event is called "Best of the Heights" and starts on January 6 at the Corner Bakery Café in the Alamo Quarry Market, 255 E Basse Rd, Suite 400, San Antonio. This trail combines the best of the Alamo Heights neighborhood which includes beautiful upscale homes, some dating as far back as the 1920s and part of Lincoln Heights after passing by the 580,000 square-foot Alamo Quarry Market. The market is an open-air complex that was built at the site of the over 100 year-old Alamo Cement Plant and utilizes some of the original structures and smokestacks in its construction.

For more info on both walk events contact Ellen Ott, 210-723-8574 or [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net). You can print copies of the walk brochures for both walk events by visiting the club website, [randolphroadrunners.info/](http://randolphroadrunners.info/).

Southwest Region continued on page 17

## The SA Pathfinders' Blue Skies of Texas Retirement Community Walk

By Martin Callahan

The San Antonio Pathfinders, along with the Blue Skies of Texas Retirement Community, is hosting a new 5k and 10k walk train on January 13 in San Antonio, Texas. The walk

Volkssporters will follow the walk trail through the village along tree lines, paved and wheelchair/stroller accessible walking paths, sidewalks and streets. You will pass residential



begins in the main building of Blue Skies of Texas retirement village called the Towers, which houses resident apartments and the activity center for the village.

In 1961 Helen LeMay (wife of General Curtis Lemay, then Chief of Staff US Air Force) launched a campaign to establish a home primarily for Air Force widows. The first Air Force I campus was opened in San Antonio in 1970. Air Force Village II followed in 1987. For decades the campuses created a community for officers and their spouses until 2014, when the eligibility for the community was expanded to add retired seniors from civilian careers.

With this expansion of eligibility the name was changed to Blue Skies of Texas. Blue Skies of Texas continues to offer modern residences and a wide range of senior focused services and amenities that you can learn more about at [blueskiesoftexas.org/](http://blueskiesoftexas.org/).

and recreational areas including the driving range with expansive views of the Southwest corner of San Antonio, the gardening center, tennis and pickle ball courts, small picnic areas, resident homes and ponds. Be sure to take time upon completing the walks to look at the resident art, photo galleries and military memorabilia in the common areas of the Towers

The retirement community of Blues Skies of Texas and those of the community invited through the Blue Skies of Texas marketing department will walk free; but anyone keeping AVA books and wanting a sanctioned stamp, there is a \$3 fee to walk. All walkers will be required to walk with a signed athletic waiver walking card.

Register from 8 a.m. to noon, finish by 3 p.m. at Blue Skies of Texas Retirement Community, 5100 John D. Ryan Blvd., San Antonio. For more info contact Susan Yarbrough, 210-314-0662 or [docyarb2@aol.com](mailto:docyarb2@aol.com); or Betty Overacker-Foley, 508-259-7113 or [Betfoley@ix.ntcom.com](mailto:Betfoley@ix.ntcom.com).



### AVA Special Program – Town Halls/City Halls

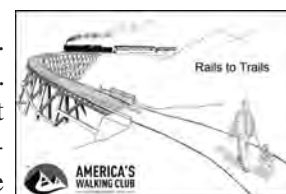
Runs January 1, 2022 through December 31, 2024. Redeem completed books by December 31, 2025. Complete 15 AVA sanctioned walks that include a town/city hall. The building must be marked as such or have a plaque as a historic site of one. A hall may only be used once, even if multiple walks go by it. The patch depicts the Ashland town hall and the Fredericksburg city hall, both in Virginia.



Order books from Peninsula Pathfinders, 302 Queens Crescent, Williamsburg, VA 23185. POC: Sandy Croushore, 757-532-3468, email [szcroushore@verizon.net](mailto:szcroushore@verizon.net).

### AVA Special Program – Rails-to-Trails

Runs January 1, 2022 through December 31, 2025. Redeem completed books by December 31, 2026. Any sanctioned YRE, Seasonal or Traditional event that walks/bikes on a portion of an official Rails-to-Trails Conservancy identified trail (which can be found at [trailink.com/trailsearch](http://trailink.com/trailsearch)) qualifies. One stamp per event per year except for Guided Trail events which use the same stamp – in this case the sanction number identifies a unique event. The AVA Special Program booklet contains room for 16 stamps. For details and books contact Sherry Sayers, Colorado Springs Walking Club, 3524 N. Cascade Ave, Lot #58, Colorado Springs, CO 80907, [cswc@avaclubs.org](mailto:cswc@avaclubs.org). Completed books may be sent to Sherry, or scan image of your completed book and email it to [cswc@avaclubs.org](mailto:cswc@avaclubs.org) for a 3"x4" award patch similar to the one pictured. POC: Sherry Sayers, 719-640-6745, email [cswc@avaclubs.org](mailto:cswc@avaclubs.org).





## Southwest Region *continued from page 16*

### The TTR Christmas Lights River Walk and International Walk Fest

By Martin Callahan

The Texas Trail Roundup (TTR) will host four walk events this winter in San Antonio, Texas.

The first walk is the ninth annual Christmas Lights Walk on Sunday, December 10. The start is at the stately Veterans of Foreign Wars (VFW) Post 76, 10 Tenth Street, San Antonio. This post is the oldest VFW Post in Texas. For more info online, go to [vfwpost76ontheriverwalk.org/](http://vfwpost76ontheriverwalk.org/).

Famed Pulitzer prize-winning journalist Ernie Pyle once described the San Antonio River Walk as the “American Venice.” Volkssporters will enjoy the serenity of the River Walk while guided by over 100,000 multi-colored lights draped over the towering bald cypress trees that line the river. You will also be awed by the beauty of the more than 2,000 luminarias along the river bank. Luminarias are a traditional Mexican Christmas lanterns lining the walkways along the river trail. They symbolically mark the “lighting of the way” for the Holy Family. For info on the San Antonio River Walk go to [thesanantonioriverwalk.com/](http://thesanantonioriverwalk.com/).




*Tony Ash, with Rudy and Bridget Spender, stop for a picture next to sculpture titled “The Founders Monument” along the trail next to the courthouse representing three of the founding communities of San Antonio during Spanish Colonial times at the Texas Trail Roundup International Walkfest for the AVA, IVV and IML in San Antonio, Texas in February 2023. Photo by Martin Callahan.*

While following the trail at street level you will be treated to historic and modern buildings and monuments bathed in floodlights, dazzling light displays and breathtaking holiday arrangements. San Antonio gives you thousands of twinkling reasons to make this walk your new holiday tradition. Some of the highlights of the 3k, 7k and 10k walk trails will include the Alamo, Main Plaza, San Fernando Cathedral, Arneson River Theater, La Villita, the Friendship Torch and the Korean and Vietnam War memorials. For general tourist info on San Antonio go to [visitsanantonio.com /](http://visitsanantonio.com/).

This is a night walk which will be operated like a “Featured YRE” with no checkpoints and a 90-minute Registration/Start Window from 5:30-7 p.m. All record books will be immediately stamped after you register and before you walk. Bring a flashlight to read the walk directions.

The remaining walks are part of the three day long International Walk Fest from February 23-25, which is a combined American Volkssport Association (AVA), Internationaler Volkssportverband (IVV) and International Marching League (IML) event in San Antonio, Texas.

All walk events start and end at the Holiday Inn Down Town Market Square at 318 W. Caesar E. Chavez Blvd. San Antonio. The three day walk fest runs from Friday, February 23 through Sunday, February 25, and includes 5k all the way up through 42k marathon walks throughout the city including trails through the San Antonio River Walk, the Alamo, La Villita Arts Village, the San Antonio Spanish Colonial Missions, the Pearl, Brackenridge Park and the historic Japanese Tea Garden.

For info on all the walk events contact Susan Medlin, 210-325-3523 or [suammed@aol.com](mailto:suammed@aol.com). Register for the three day long International Walk Fest event online at [texastrailroundup.org/](http://texastrailroundup.org/). 

## New Mexico County group walks April 11-15, 2024

By Susan Fine

The Sun Country Striders continues its series of New Mexico county group walks, April 11-15, 2024, with walks in East Central New Mexico. You can do the walks anytime, If you cannot make any of these dates, the walks will be Seasonal. The group walks will also be traveling walks, so hotel arrangements are still being made as of print deadline. Please check the AVA Facebook and Striders website for updates.

### Among the areas you will walk:

**Santa Rosa, New Mexico** is designated “The Scuba Diving Capital of the Southwest” due to the Blue Hole, an 81-foot-deep natural artesian spring that—at 62 degrees—allows for year-round scuba diving. Located on the Pecos River, along Route 66, the city features picturesque stone buildings in the historic district.

**Mosquero, New Mexico**, is a small town, built around 1908 as a water stop for the Dawson Branch of the El Paso and Northeastern Railroad. It is the county seat of Harding County and is the least populated county in New Mexico.

**Mills Canyon** is part of the Cibola National Forest and the Kiowa National Grasslands. Pronghorn are prevalent. The terrain and vegetation change drastically when you approach the edge of Mills Canyon, which descends almost 1,000 feet to the Canadian River below.

established in 1835 after a group of settlers received a land grant from the Mexican government. During the railroad era Las Vegas boomed, quickly becoming one of the largest cities in the American Southwest. The railroad also brought notorious criminals of the time, including such legends as dentist Doc Holliday, and his girlfriend Big Nose Kate, Jesse James, Billy the Kid, Wyatt Earp, Hoodoo Brown and Handsome Harry the Dancehall Rustler.

**Belen** was originally named Nuestra Senora de Belen, the Spanish words for Our Lady of Bethlehem, in honor of the biblical Virgin Mary. The city is geographically near the center of New Mexico and has been a significant transportation hub for central New Mexico that includes access to rail, the interstate highway and air. Belen is 35 miles south of Albuquerque.

**Socorro** is home to New Mexico Tech, and is a city rich in science and technology. The Karl G. Jansky Very Large Array Radio Telescopes (where the movie *Contact* with Jodie Foster was filmed), and White Sands Missile Range attract scientists and engineers from around the world. Art, music, museums, hiking and much more abound in this city.

**Mountainair** is known as “The Gateway to Ancient Cities” because it still values its historic elements. The Salinas Pueblo Mission, as it is called



**Fort Union National Monument** is along the eroded Santa Fe Trail, with its adobe walled ruins of the largest 19th century military fort in the region. From 1851 to 1891, Fort Union functioned as an agent of change in the New Mexico Territory and throughout the Southwest.

**Tucumcari**, along Route 66, is a town where western hospitality meets the Mother Road. Prehistoric dinosaurs roamed the area (see the Dinosaur Museum), along with ancient Native Americans. Spanish and Western cultures collided with the railroad and Route 66.

**Las Vegas, New Mexico**, a historic city along the Santa Fe Trail, was

now, was around in the 1400s and had up to 20,000 residents. It still existed when it was colonized by the Spanish in 1561. Mountainair is located 10 miles from the geographic center of New Mexico.

Side trips can be made to the Kasha-Katuwe Tent Rocks National Monument, Santa Fe, Los Alamos, Albuquerque and other historic destinations.

There is a Meet & Greet on Friday, April 12, along with a group dinner Saturday, April 13. Details will be announced soon at [suncountrystriders.wordpress.com](http://suncountrystriders.wordpress.com). 



# CVF/FCV Festival

## 2024

KINGSTON ON 2024

Join us  
**May 24-26, 2024**  
 for a walk through history  
 in Canada's First Capital, Kingston,  
 and surrounding areas.  
 Registration includes 5 Event Walks,  
 a Meet & Greet, and a Dinner.

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Rejoignez-nous  
 les 24-26 mai 2024  
 pour une marche à travers l'histoire dans la  
 première capitale du Canada et les environs.  
 L'inscription comprend 5 marches évenementielles,  
 un Meet & Greet et un dîner.

**Ed Hainline, DRD**  
 nw\_drd@ava.org

### Northwest Region

**Sharon Moats, Director**  
 nw\_rd@ava.org

## Wild & Woodsy Weekend coming up

Mark your calendars for April 25-28. The Capitol Volkssport Club (CVC) has sanctioned some wonderful walks for their upcoming Wild and Woodsy weekend in Lacey, Washington. For those of you who like to do all the walks, CVC has sanctioned almost all the walks from April 22 to May 3 so you can get a head start or extend your visit. Directions will be available early in the online start box.



Several walks will be within half an hour of the start point. These include Squaxin Park, which gives you views of the Capitol building and Budd Inlet after you have walked through the woods. Another walk is in Millersylvania State Park which was developed by the Civilian Conservation Corps in the 1930s. It is a showcase of old growth forest and lovely trails.

For those willing to drive a little further, the Staircase Rapids Hike and the Big Creek Hike are worth the trip. Both hikes are part of the Olympic National Forest and the scenery is stunning. After driving along Hood Canal to Hoodport, the drive continues past Lake Cushman to the start points.

A very special 5k/10k walk is planned for Sunday, April 28 at Northwest Trek Wildlife Park about an hour away. CVC has negotiated a reduced entrance fee for this special walk. You will need to sign up for this particular walk ahead of time. You do not want to miss seeing the grizzlies, bald eagles, cougars, otters, wolves and other wildlife (all from a safe distance).

There will be some great social occasions with a Pub Crawl event, a Meet & Greet, plus a dinner get-together. Also the city of Olympia is hosting the "Procession of Species" parade on Saturday for another unique opportunity.

Now is the time to register. You can find the registration form and the more information at [capitolvolkssportclub.org](http://capitolvolkssportclub.org) and be sure to check the Northwest Trek walk if you plan to participate in that event. We are looking forward to seeing you. 🐾

### AVA Special Program - Walk Like An Olympian

Runs January 1, 2018 through December 31, 2023. Just like the Olympians, you can earn bronze, silver, or gold by walking routes in cities that have hosted a modern Olympic Games and/or American cities with the same name as host cities (i.e. Athens, Georgia or Moscow, Idaho). Ten walks are required for Bronze, 15 for Silver and 20 for Gold "medals" affixed to the 3x4" patch. Each event may be used two times in a calendar year. Check the South Bay Striders website (SBStriders.org) for a list of current qualifying walks and possible American locations. Make an Olympic effort to walk for gold starting in 2018. Sponsored by the South Bay Striders. *For details and books, email Suzi Glass at [glass2walk@gmail.com](mailto:glass2walk@gmail.com) or write to WLO c/o Suzi Glass, 5562 Vassar Drive, San Jose, CA 95118.*

## America's Walking Club - Associate Membership Form

**Support Volkssporting across the United States by becoming a national-level Associate member.**  
*All memberships include a subscription to The American Wanderer (4 issues/year)*

### Lifetime Member

Lifetime Membership Fees  
 Please check according to your age:  1-29/\$500    30-39/\$450    40-49/\$400  
 50-59/\$350    60-69/\$300    70+/\$250

*Includes 15% off convention package and most purchases.*

Year of Birth (needed for pricing) \_\_\_\_\_

Lifetime Membership may be paid in two (2) monthly installments. Please check the option(s) below:

Please add my spouse or friend for a one time fee of \$100 (same address)  
 Enclosed is my first payment    Enclosed is my payment in full  
 Please charge my credit card    In full    In 2 installments

### Individual and Family/Friend

Associate Membership Fees  
 Individual (\$25/year)    Family/Friends (same address) (\$30/year)  
 International Individual (\$35/year)    International Family/Friends (\$45/year)

*Includes 10% off convention package and most purchases.*  
 (NOTE: Membership does not include a New Walker Packet which is sold separately.)

**I would like to receive my TAW newspaper by:**  
 \_\_\_\_\_ paper   \_\_\_\_\_ electronic   \_\_\_\_\_ I do not wish to receive the TAW

Do not share my information.

Check or money order, payable to the AVA in US funds only  
 Charge my credit card:    Mastercard    Visa  
 Discover    American Express

Card number \_\_\_\_\_ Expiration \_\_\_\_ / \_\_\_\_ CVC Code \_\_\_\_  
 Signature \_\_\_\_\_ (on back of card)

GroupWorks referral/Name of club \_\_\_\_\_ Club # \_\_\_\_\_

**Please send my membership packet to:**

Your Name \_\_\_\_\_  
(please print the name you would like to appear on your card)

Spouse/Friend's Name \_\_\_\_\_  
(for Family/Friend membership or paid Lifetime Spouse/Friend membership only)

Family/Friend Members \_\_\_\_\_  
(for Family/Friend membership only)

Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email Address \_\_\_\_\_

**Please return application by mail to AVA, 1008 S. Alamo Street, San Antonio, TX 78210 or fax to 210-659-1212. You may also apply for membership by calling Karen at 210-659-2112 (8 a.m.-5 p.m. CST, Mon.-Thu).**



December 2023



AMERICA'S  
WALKING CLUB  
ESTABLISHED 1976

# AVA: America's Walking Club!



Surprise! About 35 friends and family members accompanied Kathy and Jim Brown on the 50th state walk. Photo by LaVerne Stiles.



Saguaro Sun Striders event in Bisbee, Arizona.



(l-r) Doug Eide with Rudy, Frank Ellis and Gayle Weinraub stop for a picture along the trail through the Christmas Market on Main Plaza along the 2022 Christmas Walk in Boerne, Texas.



Walk at Blue Mounds State Park on May 25-26, 2024, near the Minnesota, Iowa, South Dakota borders, sponsored by the North-Star Trail Travelers.



Sorocco, New Mexico.



(l-r) Gayle Weinraub, John David Griffin with Rudy and Charley Watt, Jr. stop for a picture at the entrance to the "Grotto" taken with a flash which was a Faux Bois (false wood) creation of artist Carlos Cortés along the Christmas Lights River Walk in San Antonio, Texas in December 2023. Photo by Martin Callahan.



Las Vegas New Mexico plaza.

## Member Clubs, Events and IVV



# AVA SANCTIONED EVENTS CALENDAR

A number ahead of the code indicates the number of events.

For further info or brochure, please contact the event POC.

Event codes are: W = Walk; GW = Guided Walk; NW = Night Walk; GNW = Guided Night Walk; TGW = Traaveling Guided Walk; S = Swim; B = Bike; GB = Guided Bike; SB = Seasonal Bike; XC = Cross Country Ski; SS = Snowshoe; RSB = Roller Skate/Blade; GLW= Global Walk; NECW= Nat'l Executive Council Walk; RLD = Round Long Distance; .M = Marathon;

A box around a listing indicates a multiple event weekend.

## ARIZONA

12/9/23	W	Tucson Tucson Volkssport Klub	Fred Barton 520-298-4340 tucsonwalker@cox.net
1/27/24	W	Tucson Tucson Volkssport Klub	Fred Barton 520-298-4340 tucsonwalker@cox.net

## CALIFORNIA

12/2/23	W	Sutter Creek Delta Tule Trekkers	Wanda Martin 915-479-1060 Deltatuletrekkers@inreach.com
4/26-28/24	W	Rohnert Park Sonoma County Stompers	Marilyn Nasi 707-486-8528 mbnasi91@comcast.net

## COLORADO

12/2/23	W	Old Colorado City Falcon Wanderers	Karen Seay 719-632-9320 kseay41@yahoo.com
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## DELAWARE

4/5-7/24	B	Dover	Karen Fernandez 410-802-6106
4/5-7/24	S	Dover	fdezjuankaren@comcast.net
4/5/24	W	Wyoming	First State Webfooters
4/6/24	W	Dover	

## FLORIDA

12/2/23	W	Jacksonville First Coast Trail Forgers Walking	Diana J Sherrill 904-608-4689 Clubdiana.sherrill3@gmail.com
12/16/23	W	Jacksonville First Coast Trail Forgers Walking	Diana J Sherrill 904-608-4689 Clubdiana.sherrill3@gmail.com
1/20/24	W	Jacksonville First Coast Trail Forgers Walking	Diana Sherrill 904-608-4689 Clubdiana.sherrill3@gmail.com
2/3/24	GW	Jacksonville First Coast Trail Forgers Walking	Diana Sherrill 904-608-4689 Clubdiana.sherrill3@gmail.com
2/17/24	GW	Neptune Beach First Coast Trail Forgers Walking	Diana Sherrill 904-608-4689 Clubdiana.sherrill3@gmail.com

## GEORGIA

12/5/23	GW	Lookout Mountain International Wanderers	Scott Isom 253-881-8036 scott@walkingadventures.com
4/27/24	W	Helen Perdido Key Volksmarch Club	Rod Powell 850-637-1876 roderick.2002@yahoo.com

## IOWA

2/3/24	W	Des Moines Greater Des Moines Volkssport Assn.	Barb John 515-422-3142 baango@msn.com
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## INDIANA

12/9/23	TGW	Carmel Indy 'G' Walkers	Jim Blessing 317-903-4036 jasbless@gmail.com
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## KENTUCKY

12/3/23	GW	Mammoth Cave International Wanderers	Scott Isom 253-881-8036 scott@walkingadventures.com
6/12-18/24	W	Bardstown Gateway Milers NFP	Lois LaFleur 618-660-6396 fleurs1106@gmail.com

## MARYLAND

12/9/23	W	Annapolis Annapolis Amblers	Marie Wiser 301-509-6748 littlewalker1@comcast.net
12/31/23	2-W	Savage	Linda Hassell 410-437-2164
1/1/24	2-W	Savage Freestate Happy Wanderers	Bill Hassell 410-437-2164 wahasse1798@verizon.net
4/13/24	W	Rockville Seneca Valley Sugarloafers	Maribeth Evans 301-787-5410 evansm0612@gmail.com
4/20/24	W	Annapolis Annapolis Amblers	Marie Wiser 301-509-6748 littlewalker1@comcast.net
6/1/24	W	Rockville Seneca Valley Sugarloafers	Anthony Laing 301-980-8932 laingat@gmail.com
6/8/24	W	Millersville Freestate Happy Wanderers	Bill Hassell 410-437-2164 wahasse1798@verizon.net

## MINNESOTA

1/6/24	W	Blaine Lake Country Wanderers	Bonnie Johnson 763-229-3584 bonjohn@comcast.net
6/15/24	W	Woodbury Twin Cities Volkssport	Ken Johnson 651-774-9607 johnsonck@centurylink.net

## MISSOURI

4/27-28/24	W	Maplewood Gateway Milers NFP	Tom Stucky 636-208-3410 clstucky8890@gmail.com
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## NEBRASKA

12/2/23	NW	Omaha Nebraska Wander Freunde Trailblazers	Larry Boehm 402-393-5697 lboehm@cox.net
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## NEW JERSEY

1/2/24	TGW	Princeton Princeton Area Walkers	Diane Glace 609-658-7724 glace@rutgersprep.org
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## NEW YORK

12/9/23	W	Scotia Empire State Capital Volkssporters	Vera Weiss 518-399-1798 vweiss@nycap.rr.com
5/1/24	W	Saratoga Springs Empire State Capital Volkssporters	Linda Morzillo 518-584-7762 morzillolinda@gmail.com
5/8/24	W	Albany Empire State Capital Volkssporters	Linda Dunn 518-541-3802 lindatdunn@gmail.com
5/15/24	W	Greenwich Empire State Capital Volkssporters	Karin Berzins 719-510-2707 karin3246@yahoo.com
5/22/24	W	Colonie Empire State Capital Volkssporters	Deb Arcangelis 518-423-9248 dmdarcang@gmail.com
5/29/24	W	Malta Empire State Capital Volkssporters	Chris Yost 518-986-6207 cyost@nycap.rr.com
6/5/24	W	Hudson Falls Empire State Capital Volkssporters	Teresa Kennedy 518-852-8798 forty6er3k@aol.com
6/12/24	W	Amsterdam Empire State Capital Volkssporters	Barbara Bilins 518-209-2541 travlinbarb@hotmail.com
6/19/24	W	Schenectady Empire State Capital Volkssporters	Donna Farber 518-813-4817 dfarberhm@hotmail.com
6/26/24	W	Schenectady Empire State Capital Volkssporters	Teresa Kennedy 518-852-8798 forty6er3k@aol.com
7/3/24	W	Schuylerville Empire State Capital Volkssporters	Laverne Stiles 518-223-3750 lavernestiles@msn.com
7/10/24	W	Round Lake Empire State Capital Volkssporters	Vera Weiss 518-399-1798 vweiss@nycap.rr.com
7/17/24	W	Ballston Spa Empire State Capital Volkssporters	Sue Grey 518-281-8145 susanbg2@yahoo.com
7/24/24	W	Troy Empire State Capital Volkssporters	Larry Godshalk 518-878-4596 lgodshal@nycap.rr.com
7/31/24	W	Niskayuna Empire State Capital Volkssporters	Louise Remillard 518-496-1879 louiseremillard3@gmail.com
8/7/24	W	Albany Empire State Capital Volkssporters	Louise Remillard 518-496-1879 louiseremillard3@gmail.com
8/14/24	W	Saratoga Springs Empire State Capital Volkssporters	Brenda Streed 518-316-1019 brendastreed@gmail.com
8/21/24	W	Fort Hunter Empire State Capital Volkssporters	Wayne Knapp 518-469-7298 waynecknapp@gmail.com
8/28/24	W	Wilton Empire State Capital Volkssporters	Linda Morzillo 518-584-7762 MorzilloLinda@gmail.com

## OHIO

12/2/23	W	Huber Heights Ohio Wander Freunde	Dawn Gruber 937-409-6975 dgruber333@aol.com
3/16/24	W	Dayton Ohio Wander Freunde	Dawn Gruber 937-409-6975 dgruber333@aol.com
4/8/24	GW	Pearson Metropark Maumee Valley Volkssporters	Craig Gauger 419-350-4365 gcgauger@hotmail.com
5/4/24	W	Springfield Tecumseh Trailblazers	Connie Bost 937-360-9349 beacon811@yahoo.com
5/11/24	GW	Toledo Maumee Valley Volkssporters	Craig Gauger 419-350-4365 gcgauger@hotmail.com
5/25/24	W	Wilmington Xenia Walking Club	Carol Yegerlehner 937-878-8381 klockhaus@aol.com
5/27/24	W	Dayton Ohio Wander Freunde	Dawn Gruber 937-409-6975 dgruber333@aol.com

Events continued on page 21



# Events continued from page 20

- 6/8/24 **GW** Toledo Craig Gauger 419-350-4365  
Maumee Valley Volkssporters gcgauger@hotmail.com
- 7/20/24 **W** Huber Heights James Medzviega 937-435-0469  
Wandering Wheels Volkssports Club jmedz@aol.com
- 8/17/24 **W** Dayton Dawn Gruber 937-409-6975  
Ohio Wander Freunde dgruber333@aol.com
- 8/24/24 **GW** Wauseon Craig Gauger 419-350-4365  
Maumee Valley Volkssporters gcgauger@hotmail.com

## OREGON

- 12/16/23 **NW** Portland Ed Hainline 360-921-1909  
Columbia River Volkssport Club opahainline49@gmail.com
- 12/19/23 **TGNW** Albany Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 1/1/24 **TGW** Portland Dick Baker 360-991-8806  
Columbia River Volkssport Club dickbkr@q.com
- 1/28/24 **TGW** Albany Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 2/10/24 **W** Portland Ed Hainline 360-921-1909  
Columbia River Volkssport Club opahainline49@gmail.com
- 2/17/24 **TGW** Portland Pat Jewett 503-453-6018  
Columbia River Volkssport Club scoutpjwriter@gmail.com
- 2/20/24 **TGW** Millersburg Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 2/27/24 **TGW** Eugene Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 3/16/24 **W** Beaverton Dan Webster 971-221-4994  
Cedar Milers cedarmilerswalkingclub@gmail.com
- 3/19/24 **TGW** Lebanon Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 4/16/24 **TGW** Sweet Home Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 4/20/24 **W** Jefferson Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 4/30/24 **TGW** Albany Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 5/3/24 **TGW** Sauvie Island, Portland Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 5/14/24 **TGW** Champoeg Park Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 6/4/24 **TGW** Lyons City Park Tracey Strohmeier 503-507-6881  
Albany Fitwalkers wtstro1977@gmail.com
- 6/18/24 **TGW** Clear Lake, Santiam Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 7/13/24 **TGW** Albany Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 7/16/24 **TGW** Beverly Beach State Park Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com
- 8/13/24 **TGW** Lake Shore Lanes Albany Donald Reed 541-974-5780  
Albany Fitwalkers donreed1946@yahoo.com

## PENNSYLVANIA

- 4/20/24 **TGW** Swarthmore Bill Ridge 215-767-5079  
Liberty Bell Wanderers Billri12@yahoo.com

## SOUTH CAROLINA

- 12/2/23 **GW** Greenville Michael Lanpher 407-304-6394  
The Upstate Pathfinders mlanpher@gmail.com

## SOUTH DAKOTA

- 12/2/23 **W** Spearfish MaryJayne Jordan 307-290-2349  
Black Hills Volkssport Assn. mjordan920@gmail.com

## TENNESSEE

- 12/2/23 **TGW** Maryville Guy Calkins 585-727-6493  
East Tennessee Wanderers president@easttennesseewanderers.org

### AVA Special Program – Par for the Course

Program runs January 1, 2023-December 31, 2025. Redeem completed books by December 31, 2026. Participants will collect IVV event stamps (event stamp only be used once per year) for event trails that go past outdoor physical activities including but not limited to: exercise stations (par course/stations), golf (frisbee and miniature), playgrounds, baseball, basketball, soccer, bocce ball, racquetball sports, volleyball, hop scotch etc. Examples of non-qualifiers are skateboard parks, bike parks, treasure hunting and geocaching. Hosted by the First State Webfooters of Delaware. There will be three levels of awards, Bronze, Silver and Gold magnets. You must complete one book per award. To purchase a book send check for \$12 (per book) payable to the First State Webfooters. Mail to First State Webfooters, c/o Karen Kaufman, P.O. Box 2041, Dover AFB, DE 19902-5510. For more info, contact Karen Kaufman at fswpcsp@gmail.com. 302-233-6615.



## TEXAS

- 12/2/23 **NW** Johnson City David Roberts 830-992-7583  
Volkssportverein Friedrichsburg dlroberts34@hotmail.com
- 12/9/23 **W** Boerne ellen ott 210-723-8574  
Randolph Roadrunners ellenott@sbcglobal.net
- 12/10/23 **W** San Antonio Susan Medlin 210-325-3523  
Texas Trail Roundup sueammed@aol.com
- 12/16/23 **NW** North Richland Hills Brooke Hudson 817-944-5191  
Tarrant County Walkers brooke\_hudson@hotmail.com
- 1/6/24 **W** Alamo Quarry Market Shopping ellen ott 210-723-8574  
Randolph Roadrunners ellenott@sbcglobal.net
- 1/13/24 **W** San Antonio Suzanne Yarbrough 210-314-0662  
San Antonio Pathfinders docyarb2@aol.com
- 2/24/24 **W** San Antonio Susan Medlin 210-325-3523
- 2/25/24 **W** Texas Trail Roundup sueammed@aol.com
- 4/13/24 **W** Castroville Mike Schwencke 210-382-0367  
San Antonio Pathfinders mike.schwencke@outlook.com

## VIRGINIA

- 12/2-3/23 **W** Alexandria Y. Pennington 301-431-6668  
Great Greenbelt Volksmarchers, Inc. greenbeltmva@gmail.com
- 12/2-3/23 **W** Alexandria Helen Garamone 571-243-2573  
Northern Virginia Volksmarchers hkaramone@hotmail.com
- 12/8-9/23 **NW** Williamsburg Pam Bowers 757-869-6116
- 12/8-10/23 **S** Williamsburg Peninsula Pathfinders of Virginia
- 12/9-10/23 **W** Williamsburg pbb6116@gmail.com
- 12/16/23 **NW** Fredericksburg Sharon Vines 540-809-6227  
Fredericksburg Walking Club Vines.sharon@gmail.com
- 12/31/23 **W** Smithfield Charley Seward 757-427-0081
- 1/1/24 **W** Gator Volksmarsch Club csewardmmc@aol.com

## WASHINGTON

- 12/9/23 **W** Olympia Joy Adams 503-367-7481  
Capitol Volkssport Club joyadams22@gmail.com
- 12/31/23 **W** Vancouver Dick Baker 360-991-8806  
Vancouver USA Volkssporters dickbkr@q.com
- 12/31/23 **NW** Seattle Mike Nagan 206-851-2101
- 1/1/24 **W** Emerald City Wanderers m.nagan@comcast.net
- 1/6/24 **W** Puyallup Carolyn Warhol 253-845-6592  
Daffodil Valley Volkssport Association jcwarhol@comcast.net
- 3/16/24 **W** Seattle Mike Nagan 206-851-2101  
Emerald City Wanderers m.nagan@comcast.net
- 3/30/24 **W** Seattle Jane Clark 206-920-2544  
Emerald City Wanderers jane3883@gmail.com
- 7/4/24 **W** Seattle Mike Nagan 206-851-2101  
Emerald City Wanderers m.nagan@comcast.net
- 8/2-4/24 **3-W** Glacier Jane Holmes 760-496-8610  
Four-Plus Foolhardy Folks jensenhomespa@gmail.com
- 8/31/24 **W** Seattle David Madsen 206-789-1960  
Emerald City Wanderers dmadsen@seattleu.edu

## WISCONSIN

- 1/3/24 **TGW** Madison Mary Liebig 608-846-2299  
Madison Area Volkssport Assn. mbliebig@tds.net
- 5/18/24 **W** Lodi Cheryl Romo 608-345-2377  
Madison Area Volkssport Assn. romo.cheryl21@gmail.com
- 7/13/24 **W** Cross Plains Bill/Beth Levers 608-370-6458  
Madison Area Volkssport Assn. bblevs@aol.com

## WYOMING

- 8/3/24 **GW** Buffalo Lois Petersen 307-684-9160  
Buffalo Pathfinders lois.petersen@gmail.com

### AVA Special Program – A-MAZE-ing Labyrinths

Program runs January 1, 2024-December 31, 2026. Redeem completed books by December 31, 2027. A-MAZE-ing Labyrinths is a play on words: labyrinths are not mazes. Labyrinths are unicursal, meaning one walks in and out on the same path. A labyrinth is an ancient symbol of wholeness. The meditative properties of walking a labyrinth may help one to self-reflect, offer quieting of the mind and spirit, enhance creativity and reduce stress. This special program offers opportunities for meditative moments by walking labyrinths. An event must go by a labyrinth (or a maze) to qualify. Complete 14 qualifying events to receive an embroidered patch of a classic unicursal labyrinth. A qualifying stamp shall only be used once per year per qualifier but may be repeated in a different year. If an event has more than one labyrinth on the event route, the stamp may be used again, if paid for and walked a separate time for each qualifier. For trail planning, labyrinths may be found on the following labyrinth locator website. However, qualifiers are not required to be listed on this locator and not all labyrinths on this locator are found on AVA event routes. <https://labyrinthlocator.com/locate-a-labyrinth>. Hosted by the Liberty Bell Wanderers. Mail a \$12 check to Liberty Bell Wanderers, c/o Betty Green, 320 Melbourne Way, Souderton, PA 18964. Include your mailing address and email address. For more info, contact Betty at bettyg52@gmail.com or 845-774-5335.





# IVV EVENT AWARDS

## 10 Events

Powell Patty Pensacola FL  
Rylander Teresa San Angelo TX

## 30 Events

Allen Cyprus Arlington VA  
Anderson Laura Greer SC  
Frankhouser Thomas Cibolo TX  
Powell Patty Pensacola FL

## 50 Events

Denmon Byron San Antonio TX  
Denmon Machielle San Antonio TX  
Shaw John Guilderland NY

## 75 Events

Cavanagh Gregory Millersville MD  
Kerby Guy Temple TX  
Piper Allison Bedford IN

## 100 Events

Begnoche Frank Henderson NV  
Carswell Maggie Fair Oaks Ranch TX  
Johnson Darrin Coon Rapids MN  
Piper Allison Bedford IN  
Sturm Connie Portland OR  
Trick Dennis Clarksville OH

## 125 Events

Anderson Teresa Clarksville TN  
Anderson Curtis Clarksville TN  
Ball Sherry Powell TN  
Bourke James Selbyville DE  
Campbell Tim Phoenix MD  
Levers Ben Sauk City WI

## 150 Events

Ball Sherry Powell TN  
Callahan Mike Springfield OH  
Howard Nancy Ypsalanti MI  
Keeports James Bear DE

## 175 Events

Ball Sherry Powell TN  
Callahan Mike Springfield OH  
Champley Jill Omaha NE  
Ives Susan San Antonio TX  
Stachour Valerie Eden Prairie MN

## 200 Events

Champley Jill Omaha NE  
Everly Dale Panama City Bch FL  
Heidt Haley Centerville OH  
Lee Cathy Gig Harbor WA  
Swartz Katherine Friendsville TN

## 225 Events

Bader Donna Kent WA  
Champley Jill Omaha NE  
Everly Dale Panama City Bch FL  
Laredo JoAnn San Antonio TX  
Lee Cathy Gig Harbor WA  
Lenihan Brian Hamilton OH  
Thomas Debbie Cottonwood CA

## 250 Events

Laredo JoAnn San Antonio TX  
Parr Donna Gaithersburg MD  
Schultz James Janesville WI  
Watry Beverly Elbert CO

## 275 Events

Laredo JoAnn San Antonio TX

Le Compte Joyce Renton WA  
Minderlein Mary Eighty Four PA  
Partlow Alice DeLand FL

## 300 Events

Benedict Pam Orangevale CA  
Council Rosemary Edgewater MD  
Levers Billy Prairie Du Sec WI

## 325 Events

Benedict Pam Orangevale CA  
Fenster David N. Potomac MD  
Fenster Nancy N. Potomac MD  
Gruber Kellie New Carlisle OH  
Hlaban Thomas Beaufort SC  
Michele Eric Asheville NC  
Prost-Domasky Janine Florissant MO  
Schultz Kathleen Janesville WI  
Williams Christine Elk Grove CA  
Worsham Ruthi Carrollton TX

## 350 Events

Benedict Pam Orangevale CA  
Fine Kenneth Granbury TX  
Lawrence Gladys Lancaster OH  
Payne Jo-Ann Shoreline WA  
Schaeckermann Stephanie Mobile AL  
Stanford Irene Maple Valley WA  
Steele Donna Hillsboro OR  
Worsham Ruthi Carrollton TX

## 375 Events

Benedict Pam Orangevale CA  
Stutterheim Carrie Ellensburg WA  
Worsham Ruthi Carrollton TX

## 400 Events

Coon Claudia Portland OR  
Golden Janice Clifton Park NY  
Gross Jim La Crosse IN  
LeDeuc Susan Everett WA  
West Lee Wethersfield CT  
West Carol Wethersfield CT  
Worsham Ruthi Carrollton TX

## 425 Events

Coon Claudia Portland OR  
Golden Janice Clifton Park NY  
Heath Wayne Woodbury MN  
LeDeuc Susan Everett WA  
Levers Beth Prairie Du Sec WI  
Schweikhard Joe Pocola OK  
Wichelns Phyllis Sacramento CA  
Worsham Ruthi Carrollton TX

## 450 Events

Coon Claudia Portland OR  
Johnson Ken Maplewood MN  
LeDeuc Susan Everett WA  
Levers Beth Prairie Du Sec WI  
Pearsall Amy Jo Auburn WA  
Schweikhard Joe Pocola OK  
Worsham Ruthi Carrollton TX

## 475 Events

Eaton Daniel Vancouver WA  
Eaton Julie Vancouver WA  
Johnson Ken Maplewood MN

## 500 Events

Armstrong Curtis The Villages FL  
Brown James Latham NY  
Devlin Michelle Lutz FL  
Eaton Julie Vancouver WA  
Eaton Daniel Vancouver WA  
Jones Patrick Madison WI

## 525 Events

Armstrong Curtis The Villages FL  
Brown James Latham NY  
Jones Patrick Madison WI

## 550 Events

Jones Patrick Madison WI  
Talaga Carol Hatfield PA

## 575 Events

Gruber William New Carlisle OH  
Hermes Mike San Antonio TX  
Jones Patrick Madison WI  
McFarland Theresa E. Amherst NY  
Modery Elizabeth Bellevue WA  
Talaga Carol Hatfield PA

## 600 Events

Ihara Theresa Elk Grove CA  
McFarland Theresa E. Amherst NY  
Modery Elizabeth Bellevue WA  
Perkins Trudy Severn MD  
Talaga Carol Hatfield PA

## 650 Events

Begnoche Christopher St George UT  
Gruber Robyn New Carlisle OH  
Talaga Carol Hatfield PA  
Troyer Diane Seattle WA  
Troyer Daryl Seattle WA  
Younkins James Olympia WA

## 700 Events

Blessing James Carmel IN  
Dollar Andrea Alexandria VA  
Erickson Paul Maitland FL  
Fritz Sharon Hayden ID  
King Patricia Gaithersburg MD  
Lutz Cecelia Boulder CO  
Perkins Jerry Waring TX  
Stucky Thomas St Louis MO  
Troyer Daryl Seattle WA  
Troyer Diane Seattle WA

## 750 Events

Blessing James Carmel IN  
Stucky Thomas St Louis MO  
Tompkins James DeLand FL  
Troyer Diane Seattle WA  
Troyer Daryl Seattle WA  
Ward Irene Sundance WY  
Withers Donna Spokane WA

## 800 Events

Callahan Ellen DeLand FL  
Troyer Daryl Seattle WA  
Troyer Diane Seattle WA  
Withers George Spokane WA  
Yost Chris Scotia NY

## 850 Events

Green Jesse Greenville OH  
Husbands-Eastman Aileen Glenpool OK  
Misener Ann Fredericksburg VA  
Troyer Diane Seattle WA  
Westerberg Julia Albany OR

## 900 Events

Husbands-Eastman Aileen Glenpool OK  
Westerberg Julia Albany OR

## 950 Events

Aldinger Dani Newberg OR  
Husbands-Eastman Aileen Glenpool OK

Ward Allan Sundance WY

## 1000 Events

Barger Wade Chesterton IN  
Blazek Lynn Ellensburg WA  
Husbands-Eastman Aileen Glenpool OK  
Sturm Connie Portland OR

## 1050 Events

Alton Susan San Antonio TX  
Husbands-Eastman Aileen Glenpool OK  
Ives John San Antonio TX  
Lange Brenda Mesa AZ  
Steinke Marie Wapakoneta OH

## 1100 Events

Husbands-Eastman Aileen Glenpool OK  
Linke Cheryl Wapakoneta OH  
Pflieger Dora Kerrville TX  
Steinke Marie Wapakoneta OH  
Younkins Karen Olympia WA

## 1150 Events

Carter Deborah Mesquite TX  
Husbands-Eastman Aileen Glenpool OK  
Linke Cheryl Wapakoneta OH  
Longshore Alan Voorheesville NY  
Miller Patty Kutztown PA  
Steinke Marie Wapakoneta OH  
Younkins Karen Olympia WA

## 1200 Events

Husbands-Eastman Aileen Glenpool OK  
Longshore Alan Voorheesville NY  
Steinke Marie Wapakoneta OH  
Thomas Retha Joplin MO

## 1250 Events

Husbands-Eastman Aileen Glenpool OK

## 1300 Events

Husbands-Eastman Aileen Glenpool OK

## 1350 Events

Husbands-Eastman Aileen Glenpool OK  
Lanpher Joan Simpsonville SC

## 1400 Events

Daskam Danielle Enumclaw WA

## 1450 Events

Severtsen Sandi Shoreline WA  
Sours Dale Winchester VA

## 1500 Events

Church Bonnie Gladstone OR  
Faulk Raye Anchorage AK  
Sours Dale Winchester VA

## 1600 Events

Ellingboe Linda Seattle WA  
Sours Dale Winchester VA

## 1700 Events

Sours Dale Winchester VA

## 1800 Events

Grunewald Robert Alexandria VA  
Johannesen Diane Sundance WY

*IVV Event awards continued on  
page 23*



# IVV Event Awards

*continued from page 22*

## 1900 Events

Estrin Judith Columbia MD  
 Estrin Alexander Columbia MD  
 Ponce Hans Woodbridge VA

## 2000 Events

Barton Carolyn Tucson AZ

## 2200 Events

Barton Fred Tucson AZ  
 Oehlke Margery W St Paul MN

## 2300 Events

Cairns John Clifton Park NY  
 Mukasa Carol Seattle WA  
 Ponce Shirley Woodbridge VA

## 2400 Events

Logan Sherilyn New Braunfels TX

## 2600 Events

Parr Jone Rockville MD

## 2700 Events

Morrison Robert Olympia WA  
 Parr Jone Rockville MD  
 Warhol John Puyallup WA

## 2800 Events

Kapaun Douglas Rapid City SD

## 3000 Events

Miner Cecilia Woodbridge VA

## 3100 Events

Warhol Carolyn Puyallup WA

## 3200 Events

Boone Dale Pueblo CO  
 Schmuck John Rantoul IL

## 3600 Events

Legaard Kenneth Bloomington MN  
 Legaard Jane Bloomington MN

## 3800 Events

Kuntz.Eleanor Plymouth Meeting PA

## 4100 Events

Meeks Sheila Beaverton OR

## 4300 Events

Chazen Martin Manassas VA  
 Jackson Myrna Sacramento CA

## 4400 Events

Chazen Martin Manassas VA  
 Jackson Myrna Sacramento CA  
 Jackson Thomas Biglarville PA

## 4500 Events

Penta Maureen Hollywood FL

## 4900 Events

McTaggart Marilyn Centerville OH

## 5000 Events

Gunter Patricia San Antonio TX

## 7300 Events

Hooker David Colo Springs CO

# BIKE DISTANCE AWARDS

## 1000 Bike Level

Green Jesse Greenville OH



# IVV DISTANCE AWARDS

## 500 KM

Anderson Laura Greer SC  
 Boy Sheri Whitewood SD  
 Delle Suzanne York PA  
 Shaw John Guilderland NY

## 1000 KM

Green Jesse Greenville OH  
 Piper Allison Bedford IN  
 Stachour Valerie Eden Prairie MN

## 1500 KM

Boyce Sally Seattle WA  
 Keeports James Bear DE

## 2000 KM

Champley Jill Omaha NE  
 Everly Dale Panama City Bch FL  
 Lee Cathy Gig Harbor WA  
 Minderlein Mary Eighty Four PA  
 Swartz Katherine Friendsville TN

## 2500 KM

Partlow Alice DeLand FL

## 3000 KM

Benedict Pam Orangevale CA  
 Fine Kenneth Granbury TX  
 Garcia Eleanor Everett PA  
 Haugen LC Ramos Visalia CA  
 Jones Patrick Madison WI  
 Peeck Wendy Rochester NY

## 3500 KM

Benedict Pam Orangevale CA  
 Brown James Latham NY  
 Devlin Michelle Lutz FL  
 Haven Bev Jefferson OR  
 Jones Patrick Madison WI  
 Levers Billy Prairie Du Sec WI

## 4000 KM

Golden Janice Clifton Park NY  
 Lawrence Gladys Lancaster OH

LeDeuc Susan Everett WA  
 Pearsall Amy Jo Auburn WA  
 Worsham Ruthi Carrollton TX

## 4500 KM

Blessing James Carmel IN  
 King Patricia Gaithersburg MD  
 Payne Jo-Ann Shoreline WA  
 Weber Harold Athens GA  
 Weber Marie Athens GA

## 5000 KM

Armstrong Curtis The Villages FL  
 Eaton Daniel Vancouver WA  
 Eaton Julie Vancouver WA  
 Levers Beth Prairie Du Sec WI  
 Schmidt Elizabeth Seattle WA

## 5500 KM

Auerbach Margery Silver Sprg MD  
 Brown Kathleen Latham NY  
 Medlin Darren San Antonio TX

## 6000 KM

Gley Debbie Trabuco Canyon CA

## 6500 KM

Edwards Catherine Clifton Park NY  
 Gley Debbie Trabuco Canyon CA

## 7000 KM

Berry Katherine Rockville MD  
 Callahan Ellen DeLand FL  
 Erickson R Paul Maitland FL  
 Lange Brenda Mesa AZ  
 McFarland Theresa E. Amherst NY  
 Ponder Jo Rapid City SD  
 Stucky Thomas St Louis MO  
 Troyer Diane Seattle WA  
 Troyer Daryl Seattle WA  
 Withers Donna Spokane WA

## 7500 KM

Ives John San Antonio TX  
 McFarland Theresa E. Amherst NY

Troyer Daryl Seattle WA  
 Troyer Diane Seattle WA  
 Withers George Spokane WA

## 8000 KM

Heidt Deborah Centerville OH  
 McFarland Theresa E. Amherst NY  
 Troyer Daryl Seattle WA  
 Troyer Diane Seattle WA

## 10000 KM

Aldinger Dani Newberg OR  
 Blazek Joseph Ellensburg WA  
 Steinke Marie Wapakoneta OH  
 Wellenreiter James Lititz PA

## 11000 KM

Linke Cheryl Wapakoneta OH  
 Longshore Alan Voorheesville NY  
 Pflieger Dora Kerrville TX  
 Steinke Marie Wapakoneta OH

## 12000 KM

Watts Peggy Ames IA

## 13000 KM

Daskam Danielle Enumclaw WA

## 14000 KM

Daskam Danielle Enumclaw WA

## 15000 KM

Lovelace Nathaniel Marietta GA  
 Severtsen Sandi Shoreline WA  
 Sours Dale Winchester VA

## 16000 KM

Grenier Dolores Longs SC  
 Lovelace Nathaniel Marietta GA  
 Sours Dale Winchester VA  
 Younkins Karen Olympia WA

## 17000 KM

Sours Dale Winchester VA

## 18000 KM

Ponce Hans Woodbridge VA

## 20000 KM

Barton Carolyn Tucson AZ

## 21000 KM

Faulk Raye Anchorage AK

## 22000 KM

Ponce Shirley Woodbridge VA

## 24000 KM

Pelking Holly San Jose CA

## 25000 KM

Pelking Holly San Jose CA

## 27000 KM

Morrison Robert Olympia WA

## 28000 KM

Morrison Robert Olympia WA  
 Morrison Sheila Olympia WA

## 45000 KM

Jackson Myrna Sacramento CA

## 55000 KM

Waibel Gale Silver Sprg MD

## 60000 KM

Penta Maureen Hollywood FL



## Donna *continued from page 1*

Donna is an excellent photographer, and attended most of the AVA conventions as official photographer, capturing the best moments of events and meetings. We all knew Donna who would be there on walks saying “smile.”

Donna is a professional publisher, running her own desktop publishing business, Typesetting a la Macque. She started her business as desktop computers, mainly Apple Macintosh, first came on the market allowing small businesses and individuals to produce print ready documents quickly and easily.

For all her work for the American Volkssport Association, Donna was inducted into the AVA Hall of Fame in 2017.



Donna leaving “her town” in Croatia.

Donna wrote a book *OLD LADY’S EUROPEAN TRAVEL ADVENTURES @2012* (available on Barnes and Noble’s Nook). I laughed when reading it, as I think we can all relate to so much of what she said. The book is a reprint of her postcard emails to friends and family, as she traveled from city to city, allowing her to attach photos with her remarks. Some of the excerpts:

◆ In 2009, Donna traveled to Croatia, Austria and Germany by herself... and says “it’s a great way to go.” When she finished the first 24 hours in Dubrovnik, Croatia, “...if I wasn’t in shape for this trip, I’ll be in shape when I get home!”

◆ She took over 1600 photos on this trip (Imagine!).

## Donna gets the last word!

Thanks to everyone for your good wishes. I appreciate all your kind words!

Thanks to all of you who faithfully submitted articles for every issue. The *TAW* wouldn’t exist if club volunteers hadn’t done that. I suspect the AVA will need you to continue doing that as they move to a new version of the *TAW*. So don’t let them down! They need you!

I haven’t worked all alone many of these 21 years either. Laurel Parrott edited the *TAW* for many years, and Bonnie Lindenfelser designed our column headers and the front page banner when we first took over production of the paper. Several key ladies helped proof the paper over the years: Sarah Bowback, Pat



Hamming it up with the Conyers at the Madison Convention finale.

◆ She used six methods of transportation: foot, car, bus, train, boat and airplane.

◆ She said “Travel is still a fantastic experience if you let it be. I learned things from people that I would never have remembered if I read about it.”

◆ Rick Steves was in a couple of the same towns. She told him he was following her around, and they used her note and photo on their website. She’s famous.

◆ Donna returned to Europe in 2011 and a half dozen times since, and wrote about all these trips.

◆ Her best line, in my opinion: “Food is a very important component to a good trip!”

The biggest point I learned from Donna’s book, is her positive outlook on her travels, no matter what happened. As Volkssporters, we can all appreciate that something can happen, and you make it work.

**Donna: Thank you again! Here are a few more thank you’s:**

“Thank you for your many years of service to AVA and as editor/publisher of *The American Wanderer*. Appreciate those times you stretched the deadline for my regional article writing procrastination.”

Carl Cordes,  
AVA Vice Chair

“I am grateful for everything Donna has done over the years for *The American Wanderer*. She has done wonders to publicize walks in the Southwest Region so the club leaders should be in agreement about this.”

Andy Thomas,  
Southwest Deputy Regional Director

“Dear Donna—

I am so indebted to you for all your effort and help on my *TAW* submissions. Without you and your endless patience, I doubt I would have had any articles published! Each time I added a picture, you had to coach me through the process. Since I didn’t do it very often, especially after my terms as PARD ended, you made it happen. I wish you continued success in your business and hope our paths cross again! My sincere and heartfelt **THANK YOU!**”

Suzi Glass, PARD 2015-2019,  
Deputy PARD 2019-2023



Enjoying a lake on one of her Volksmarches.

“Please pass along our Region’s thanks to Donna for her years of hard work publishing the *TAW* newspaper. It served us well for many years! Thanks, Donna!”

Steve Sandridge,  
Rocky Mountain Regional Director

“I had fun in 2017 playing “Where’s Donna?” in Montana. She’d always appear somewhere with a camera. Thanks, Donna, for all your years documenting our memories.”

Kathryn King,  
Southeast Regional Director

“I recall the first time I met Donna was during the 2015 convention. There were enthusiastic walkers everywhere from all over the country wearing all sorts of Volksmarching gear! Needless to say, I had no idea what was going on. I am certain Donna sensed my bewilderment because she immediately invited me to sit down with her over a cold beverage while she lectured me on AVA 101! From then on, AVA conventions became something super special because I always knew it was an opportunity where I could meet new friends and visit with great people like Donna.

Donna, rest assured as the organization transitions, individuals like yourself who have made the AVA what it is today will never be forgotten. I look forward to working with you in some capacity in the future and I hope to see you once again on the trails during our next convention.”

Henry Rosales,  
President and CEO



Dennis and Marilyn Victor. Thanks to all of them for their help along the way. And I would be remiss if I didn’t mention my good friend, Glenna Maskal, who got stuck taking care of the rec center in Germany while I was out Volksmarching with a busload of GIs! It was the beginning of a lifetime hobby and a lifetime friendship.



Glenna Maskal and Donna at Kawishiwi Falls in northern Minnesota.

I’ve enjoyed doing the *TAW* over these past decades. There have been a lot of frustrating times, but overall, a most satisfying job for me. After all, how many folks get paid to promote their favorite pastime?

Thanks again to everyone for making my job easier! I hope the new *TAW* will be something everyone will enjoy and will contribute to by continuing to submit articles about your Folkssport events! 